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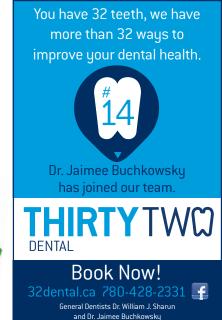


Two days, two bodies

Fatal shooting and 'suspicious death' could be Edmonton's 23rd and 24th homicides of 2013

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MEET THE NEW BOSS

The Edmonton Eskimos' new head coach Chris Jones addresses a news conference in Edmonton, Wednesday. More coverage, page 41. IAN JACKSON/THE CANADIAN PRESS

Province tables bill to revoke union arbitration

AUPE. Bill paired with another that restricts freedom to strike for largest public union

The Alberta government tabled legislation Wednesday aimed at revoking the right of its largest union to go to arbitration and substituting it with the government's own wage deal.

It also tabled a bill that will punish the union with steep fines and civil liabilities if it

wages an illegal strike.
Finance Minister Doug
Horner told reporters the government did not want to bring in legislation, but felt compelled to when contract talks broke down earlier this year and the Alberta Union of Provincial Employees filed for bind-

We did make a commit-

ment to taxpayers that we would live within our means," Horner said as Bills 45 and 46 were introduced.

He said the new wage deal must be in line with the multiyear wage freezes that Alberta doctors and teachers have already accepted.

The government wants four-year deal, with wage freezes in the first two years followed by one per cent hikes in each of 2016 and 2017.

The AUPE represents 22,000 front-line government workers in a variety of fields, from corrections officers to social work-

AUPE president Guy Smith said the bills are the beginning of the effective dismantling of collective bargaining in Alberta.

'There's two routes to resolve bargaining issues. One is strike action, whether it's legal or not. The other is arbitration. And they've taken both away,"

Power drain

"There's two routes to resolve bargaining issues.... And they've taken both away."

AUPE president Guy Smith, on the impact

said Smith.

Wildrose finance critic Rob Anderson says the Wildrose agrees that there needs to be a good deal for taxpayers in the next AUPE contract, but he said a last-minute bill rammed through the legislature that strips the union of the right of arbitration is not how to do it.

"This is what gong-show government looks like," said Änderson.

The government pays out \$1.6 billion a year in salaries to unionized workers.

THE CANADIAN PRESS





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Financial health

Report recommends that U of A cut back on faculties

A report two years in the making on the University of Alberta's long-term financial health recommends reducing the number of departments and faculties at the school.

The Renaissance Report came about as a result of a two-year effort from university administration and the Association of Academic Staff. It concludes the university needs to start a discussion about merging smaller faculties.

"It is the belief of the committee that the university pays a very high cost for the present organization structure," it read.

Bob Haennel, acting dean of the school of rehabilitation medicine, said merging faculties can't simply be a financial question.

"There have to be some synergies there that are going to make it not only cost effective, but also the culture of the two faculties will benefit from it," he said.

Brent Epperson, president of the Graduate Students' Association, said the conversation is worth having.

"The U of A does have more faculties than most comparable universities in Canada, so it makes sense for the university to look at that and really have a frank, critical, campus-wide discussion."

Epperson said the one thing they wouldn't support is the elimination of the faculty of graduate studies and research.

RYAN TUMILTY/METRO



Police investigate suspicious death

Victims' names not released. Officers are also looking into an unrelated fatal shooting

LEAH GERMAIN

edmonton@metronews.ca

The area where police found a man's body Tuesday night is quiet and populated by families, neighbours said.

At approximately 10:38 p.m. on Tuesday, EPS responded to the suspicious death of a man at a home near 128 Avenue and 72

Street

Jane Sung lives down the street from the scene and said she was shocked when police knocked on her door early Wednesday.

"We just moved here not long ago," she said. "It's pretty quiet and nice here. There are a lot of children around."

Police are currently talking to a 32-year-old man who might have been known to the deceased.

Irmgard Teubert, who lives next to the crime scene, described the man who lived in the house where the body was found as "wonderful." She also

noted he lived with his son.

Meanwhile, a man has died after being shot on the south side of the city early Wednesday.

EPS responded to reports of a gunshot heard in Millwoods at approximately 3:59 a.m.

A 23-year-old man was found on scene and was treated by EMS for a gunshot wound. He was taken to hospital in critical condition

He succumbed to his injuries later in the afternoon.

Police are considering both incidents suspicious.

Anyone with informa-

The facts

If police lay charges in both deaths, they would be Edmonton's 23rd and 24th murders.

- The EPS homicide section is currently investigating both incidents.
- The victims' names in both incidents had not been released at press time.

tion should call Crime Stoppers at 1-800-222-8477.

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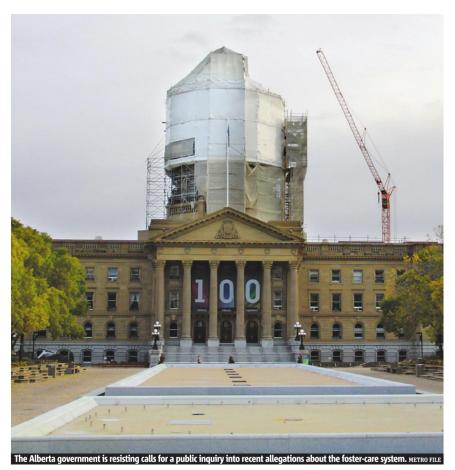
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metr⊕ **NEWS** metronews.ca Thursday, November 28, 2013



Province to review how it handles foster-care deaths

Breakdown. Opposition members say only a full public inquiry can keep children safe in future

Alberta's human services minister says a public review of the foster-care system will include how the deaths of foster children are investigated and reported.

Dave Hancock says everyone in the system wants to make sure they're doing everything they can to keep kids

Hancock has promised a roundtable conference of opposition members and stakeholders to explore issues raised in reports earlier this week.

'What does the public need to know, how does that infor-

mation get released, and if the death review system that we have now is not considered to be satisfactory, what do we need to do to have an appropri-ate death review system?" Hancock said at a news conference Wednesday.

The reports also found that rule changes and oversight problems have led to some of those deaths being wrongly attributed to natural causes.

The opposition members say that only a full public inquiry will get to the bottom of

what went wrong.
Wildrose health critic Heather Forsyth told the legislature that an inquiry is the only way to prevent further deaths.

'We must learn why these tragedies keep occurring. Until we do, how can we know what steps to take to prevent them in the future?" THE CANADIAN PRESS

Newspapers that broke the story said a lengthy investigation of records revealed the province has failed to publicly report the deaths of 89 foster children in the last 14 years.

NDP human-services critic Rachel Notley said she will ask members of the standing committee on legislative officers to support a motion to give the Office of the Child and Youth Advocate further and immediate resources to investigate the deaths or serious injury of all children receiving government care.

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106 Street. City launching pilot initiative to keep bike lanes clear in winter

The city is hoping to keep cyc-keeping a bike network open in lists moving this winter with a new pilot project to make sure bike lanes stay open.

The city will focus on 106 Street, between Saskatchewan Drive and 29 Avenue, where there are bike lanes along the entire route.

Tyler Golly, general supervisor of sustainable transportation, said the goal is to find out what the challenges are to

winter.

Chris Chan, executive director of the Edmonton Bicycle Commuters' Society, said he is glad the city is taking this step.

"If you want to have a fully functioning bike network and really encourage people to use those other forms of transportation, you can't just abandon everything once the snow falls." RYAN TUMILTY/METRO

Education. MacEwan reaches exchange deal with Ukrainian university

Students will have a quicker path to Ukraine starting next summer thanks to a new agreement between MacEwan University and a Ukrainian school.

The agreement will allow students and faculty from specific programs, such as sociology, to study abroad.

'Ît gives a far richer learning experience to the modern student than what was there in the past," said Roman

Petryshyn of the Ukrainian Resource Development Centre at MacEwan University.

The National University of Kyiv-Mohyla Academy has been working with MacEwan for almost two decades and officials say the partnership will be a good exchange opportunity.

The funding for the partnership — \$30,000 per year — was provided by a private endowment. STEPHANIE DUBOIS/METRO

Don't let Grinches swipe your gifts: Cops

Shopping season. Stop Thief campaign returns to remind Edmontonians not to leave valuables in cars in plain sight

Police are warning holiday shoppers to take extra care when leaving Christmas parcels in their car this year.

As part of the Stop Thief campaign — now in its 20th year — EPS officers were at West Edmonton Mall on Wednesday to remind shoppers to take precautions before leaving any valuables in their vehicles, including cellphones, navigation systems and presents.

"We hope Edmontonians take (this) seriously," said Const. Tom Froma. "The campaign is designed to raise awareness to the public throughout all Alberta not to leave valuables in plain sight in your vehicle at this time of year.'

Froma said during the holiday season, police have witnessed an increase in the numBy the numbers

The number of occurrences of theft from vehicles in November 2012

ber of car thefts around the city. "Often we provide the pub-

lic with tips to avoid being victimized, but for the 20th anniversary of the Stop Thief campaign, we wanted to give the public our tips in a way that was lighthearted while still delivering an important message," Froma said about the campaign.

According to the EPS, the most common way thieves broke into vehicles last year was by opening unlocked

In order to avoid any theft, the EPS suggests keeping valuables in the trunk or using locker spaces at shopping centres.

The EPS has also asked for residents to report any theft from their vehicle in order for the police to keep track of the crimes. LEAH GERMAIN/FOR METRO



Crime. Charges laid after assaults on two women

An Edmonton man has been charged in two separate assaults on Nov. 23.

Jeremy Dixon, 36, was arrested early Saturday after he allegedly attacked a 19-yearold woman walking by herself on 61 Avenue and 108 Street.

Police claim Dixon approached the woman from behind, placed his hand over her mouth and forced her to

Earlier, Dixon had allegedly attacked another lone 19-yearold woman in a similar way on 84 Avenue and 106 Street.

Both women were able to scream and struggle, which police say deterred the perpetrator. They were not injured.

Dixon was identified shortly after the second attack at a nearby gas station.

He has been charged with two counts of assault and one count of breach of probation.

"We are looking for anyone who may have any information about similar types of incidents in the area or have seen either of these two incidences," said Staff Sgt. Shawna Grimes of the EPS sexual-assault section.

LEAH GERMAIN/FOR METRO



Interactive web doc explores oil debate

Fort McMoney.

The project is an online game and documentary that's 'like Grand Theft Auto for real'

The latest National Film Board of Canada project is part documentary, part choose-your-own-adventure book, and part video game.

In Fort McMoney, players can explore boomtown Fort McMurray, and the politics of resource development by talking to dozens of realworld characters that were interviewed for the documentary game.

To start, players can choose to talk to a franco-

carpenter moved west for work, a waitress and car saleswoman making \$10,000 a month, or an unemployed local who gets by collecting empty bottles and cans for the deposit money.

The questions a player asks the characters affects how the rest of the story plays out.

Creator David Dufresne

and his team spent two years researching the politics and culture of the town and produced almost nine hours of video that can be interacted with during the course of the game. It can be played in English, French or German.

"It's like Grand Theft Auto for real, but you don't jokes Dufresne, who says he wanted to experiment with interactive storytelling because he thought it would be more engaging.

"I think with a game you can learn a lot. It's a game but it's very serious. There's a lot of movies and books about the oil industry but almost nobody cares, so we tried to get people interested in the subject through a video game mechanism.

- The developers said the game was not meant to be skewed against the industry, but to give a picture of the city.
- The game can be viewed and played at fortmcmoney.com.

Advanced technology. U of A lab could help find new diamond mines

If diamonds truly are a girl's best friend then a new lab at the University of Alberta could be set to make a lot of new friendships.

The new Arctic Resources Geo-chemistry Laboratory opened Wednesday.

Graham Pearson, Canada Excellence Research Chair in Arctic Resources, who will oversee the lab, said it represents a huge leap forward in the study of diamonds.

"This lab and the rest of the equipment is the biggest focus of equipment oriented towards diamond research anywhere in the world," he said.

The mass spectrometers and laser sampling systems in the lab can be used to help determine the strength of diamond deposits, which Pearson said is important for Canada.

"Because Canada is a resource based economy, I would argue it is very important to be able to identify new methods, new frontiers of reaching those goals, of finding new resources," he said.

He added tracing diamonds requires the very specific equipment the lab has.



research chair in Arctic resources RICHARD SIEMENS/UNIVERSITY OF ALBERTA

"Diamonds are a particular challenge, because they are so pure you have to develop very, very good techniques to work on them," he said.

Beyond the economic benefits, Pearson said there are also pure science implications that come from studying dia-

"They are unique capsules of the deep earth," he said. "They provide you with unique snapshots of parts of the earth you could never get at." RYAN TUMILTY/METRO

St. Albert

School bus driver charged in death of 6-year-old

A school bus driver has been charged in the death of a six-year-old St. Albert

Joseph Allen of Edmonton has been charged with driving carelessly and failure to yield to a pedestrian.

Six-year-old Thomas Wedman was struck and killed by a school bus as he was crossing the street to get to his school in St. Albert on Sept. 27.

THE CANADIAN PRESS

Highway 21

Heavy fog fuels 40-vehicle pileup

RCMP in Strathcona County had a 40-vehicle pileup to deal with Wednesday morning as heavy fog appears to have led to the massive

Police closed Highway 21 for southbound traffic at Highway 14 and for northbound traffic at Township Road 510 for several hours to deal with the crash.

The RCMP reported only minor injuries and officers are still investigating.

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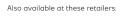
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Heavy hand. Situation threatens to fragment a coalition of liberal and secular groups that supported the military

Egyptian authorities on Wednesday took a heavy hand against both Islamist and secular opponents, handing down heavy prison sentences to a group of female supporters of the ousted Islamist president — including teenagers as young as 15 — and ordering the detention of two dozen secular activists, all for participating in protests.

The moves mark what critics say is a bolder determination by Egypt's mil-



itary-backed government to silence dissent, continuing

a crackdown on Islamists since the military's ouster of President Mohammed Morsi, while suppressing secular activists who supported his removal but also accuse the new leadership of restoring a system as autocratic as Morsi's toppled predecessor, Hosni Mubarak.

Images from the courtroom in the Mediterranean city of Alexandria showed 21 young female defendants in white head scarves and white prison uniforms, handcuffed. Among them were seven teenagers aged 15 and 16, who were sentenced to prison terms until they turn 18. The rest — age 18 to 22 — were sentenced to 11 years in prison. A day earlier saw the beating and dragging of secular activists. THE ASSOCIATED PRESS

Pakistan

Americans criticized over drone deaths

A Pakistani political party launched an attack on the CIA drone program on Wednesday, turning up the heat on an issue that the government in Islamabad has tried to manage without sparking a crisis with the U.S.

The party revealed what it said was the name of the CIA's top spy in the country and called for him to be tried for murder.

American missile attacks targeting Islamic militants in Pakistan's northwest have long been a source of tension between the two countries.

Friction has increased recently with two especially contentious strikes: one killed the Pakistani Taliban's leader as the government prepared to invite him to hold peace talks, and another was outside the tribal region.

But the United States has shown no willingness to abandon the program aimed at militants beyond the reach of their military.

THE ASSOCIATED PRESS



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Volcanic alert heightened

A worker who is covered with volcanic ash from an eruption of Mount Sinabung takes a break at a coffee plantation in Guru Kinayan, North Sumatra, Indonesia. Sinabung's alert status was raised to the highest level on Sunday after eruptions.

BINSAR BAKKARA/THE ASSOCIATED PRESS



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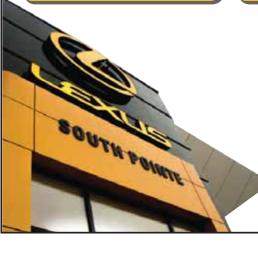
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Syrian refugees sexually harassed: Report

Lebanon no safe haven. 500 cases have been reported against women. UN savs

Women refugees from Syria are being sexually harassed by employers, landlords and others in Lebanon, adding another layer of suffering for those who have fled their homes in search of safety, an international human rights watchdog said Wednes-

In a report, Human Rights Watch said most of the incidents have gone unreported to local authorities due to the women's fear of reprisals by the abusers or arrest for not having a valid residency permit.

Lebanon is the biggest recipient of Syrians fleeing the

"Women who have fled death and destruction in Syria should find a safe haven, not sexual abuse. in Lebanon."

Liesl Gerntholtz, women's rights director at the New York-based group Huma Rights Watch

nearly three-year civil war, which has killed more than 100,000 people and displaced millions. The country of 4.5 million people has taken in more than 1 million Syrian refugees, straining its resources.

Many Lebanese have opened their homes to them, but there are underlying tensions and, as the numbers swell, the Syrians often face hostility. THE ASSOCIATED PRESS



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Latvia supermarket collapse. PM resigns



Latvia, where a collapse killed scores of people. THE ASSOCIATED PRESS

Latvia's prime minister resigned Wednesday in the wake of a supermarket collapse that killed 54 people and provoked outrage among the Baltic country's citizens.

Valdis Dombrovskis's unexpected announcement, which automatically triggers the fall of the entire centreright government, followed his meeting with President Andris Berzins.

"Considering the ... tragedy and all the related circumstances, the country needs a government that has a majority support in parliament and can solve the situation that has arisen in the country," Dombrovskis told journalists after

meeting the president.

Police have opened a criminal investigation into the cause of last week's tragedy. Possible explanations for the disaster include a flawed design, substandard construction materials, and corruption.

Some people have suggested that the abolition of a construction authority by Dombrovskis's budget-slashing government weakened oversight.

Many Latvians have expressed deep skepticism that the guilty parties will bear criminal liability and have gone so far as to demand that foreign engineers be invited to help the investigation.

THE ASSOCIATED PRESS

French law

Firing over refusal to remove headscarf OK: **Appeals Court**

The Paris Appeals Court, overturning a high court decision, ruled on Wednesday that a private nursery school was justified in firing an assistant director who refused to remove her Islamic head scarf while on the job.

The decision was the fourth in the emblematic case of the firing of Fatima Afif at the Baby Loup

nursery school five years ago. It was likely to provide fodder for lawmakers and associations seeking a law to ensure the highly prized French value of "laicite," or secularism.

Laws already ban head scarves in public school classrooms and face-covering veils in public spaces. There is no French law regulating religious apparel in private institutions, schools or companies. Many Muslims have seen the two laws in place as an infringement on their religious freedom and freedom of expression. THE ASSOCIATED PRESS

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Giant Louis Vuitton suitcase booted out of Red Square

Tourists and visitors pass by a two-storey Louis Vuitton suitcase erected near the Kremlin, right, in Moscow's Red Square, Wednesday. Politicians didn't like it, the public didn't like it, so the gigantic Louis Vuitton suitcase is being given the boot. The GUM department store on Red Square, left, which is responsible for the nine-metres high and 30-metres long construction, promised Wednesday that it would be dismantled. The construction is part of an exhibition called The Soul of Travel, marking Vuitton's 150th anniversary and was to open on Dec. 2. Louis Vuitton said the construction was a copy of a model owned by a Russian noble, Prince Vladimir Orlov. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Berlusconi kicked out of Italian Parliament

Not going quietly.

Former premier has relaunched his Forza Italia party and he still commands millions of loyal supporters

The Italian Senate on Wednesday expelled three-time ex-premier Silvio Berlusconi from Parliament over his tax fraud conviction, ending his two-decade legislative run for now, but not his political career.

Berlusconi has warned that the unprecedented move would embarrass Italy

Bitter words

"We are here on a bitter day, a day of mourning for democracy."

Silvio Berlusconi

internationally, and he maintained his defiance even as the Senate voted, addressing a cheering crowd outside of his Roman palazzo a short walk away.

Even though he won't hold a seat in Parliament for at least six years, the 77-year-old Berlusconi pledged to remain involved in politics and urged his followers not to despair — noting that other political leaders are not law-makers.

Supporters, including Berlusconi's 28-year-old girl-friend, who had a Forza Italia flag wrapped around her shoulders against the cold, were treated to a video montage of Berlusconi's greatest political hits from a career that began in 1994 when he first came into power with a political party named for a soccer chant Let's Go Italy.

"For us, he will always be there," said Marilda Antonello as she held a banner reading "The law is not equal



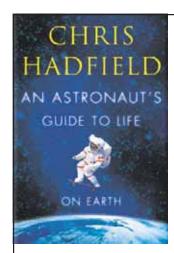
for everyone. Sick justice." while

The Senate vote on whether to remove Berlusconi from the chamber stems from a 2012 law that bans anyone sentenced to more than two years in prison from holding or running for public office for six years. His lawyers claim the law is unconstitutional and have questioned why the rush to expel him

while legal challenges are still pending.

Italy's high court on Aug. 1 upheld Berlusconi's tax fraud conviction and four-year prison term. The prison term was reduced automatically to one year under a general amnesty; he will serve his time either under house arrest or through public service.

THE ASSOCIATED PRESS

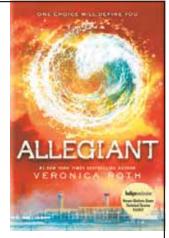










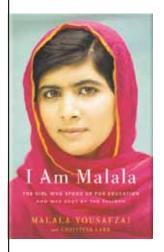


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NEWS





An activist is detained in Moscow in 2009. As the Winter Olympic Games in Sochi approach, Russia has been telling the West that a law bannin "propaganda" does not discriminate against gays while ramping up the domestic anti-gay rhetoric. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Kremlin amps up its anti-gay rhetoric

Prime-time broadcast.

Government-controlled channel demonizes gay couples as part of homophobic rhetoric ramp-up

Anyone who switched on Russian TV recently might have been forgiven for thinking the Kremlin was relaxing its hard line on gays: Images of rainbow flags and a happy same-sex couple looking adoringly at their child flashed across the screen.

But the show, with its horror-film music and juddering camera work, was another swipe at the gay community - not a gust of tolerance. The force behind it is one of Russia's top propagandists, whose programs have helped to bring criminal charges against others on President Vladimir Putin's unofficial black

"There is always Russia for Russians and then Russia for the West."

Anton Krasovsky, Russian journalist fired from a Kremlin-controlled TV station after coming out as gay, talking about the government's double standard on its domestic anti-gay stance ahead of the Sochi games.

The prime-time broadcast on state television points to the double-game the Kremlin is playing on gay rights.

To the West, as it pre-

pares to host the Winter Olympics, Russia has sought extend reassurances that a law passed this summer banning homosexual "propaganda" does not discriminate against gays. To its domestic audience, the government has ramped up the anti-gay rhetoric, unifying its fraying electoral base with a popular refrain of traditional values.

The TV show by Arkady Mamontov - who made his name by taking a hatchet to punk rock group Pussy Riot and other opposition activists - is the latest example of Russia's unwillingness to back down from its legislative crackdown on gays. Champions of the law melted away when Western outrage reached a peak over the summer — but they are now back in force on national airwaves.

Mamontov told a live studio audience that the scenes he filmed should be a warning "that we have to save the family, traditions, traditional love, or otherwise we'll be hit by something bigger than the Chelyabinsk meteorite" that fell on Russia in February.

Lesbian, gay, bisexual and transgender activists filmed for the show were carefully

edited to make them seem alternately corrupt, subversive, demonic or laughably inept. One shot created an awkward juxtaposition of a gay activist with a poster of Che Guevara, a none-toosubtle attempt to portray the activist as a trouble-maker.

Mamontov uses their stories to drive home a sinister message: Gay organizations, funded almost exclusively by money from abroad, are Trojan horses that will give the West control over Russia from within.

But Mamontov isn't just an ordinary pundit: The material for his shows has in the past landed people in

"In order to make people interested in the government, it chose what it thinks are topics close to the people, like this one (the gay issue)," said Anton Krasovsky, a journalist who was fired after he came out as gay on air at a Kremlin-controlled TV sta-

Flash, boom in the sky not an alien invasion

A Canadian expert says a bright flash of light accompanied by sounds of a booming explosion in parts of Canada were probably made by a "good-sized fireball.

Numerous people posted Twitter messages reporting a blue flash and a thundering boom in the Montreal and Ottawa areas Tuesday evening.

Quebec provincial police also received several calls.

Peter Brown, a physics professor at Western University in London, Ont., said the fact there was sound usually indicates something penetrated deeper into the atmosphere.

'That's often associated with things that may have made it to the ground," he said in a telephone interview Wednesday.

"It's certainly consistent with the effect we would expect for a relatively good-sized fireball that might produce meteorites."

Brown said he would not be surprised if meteorites landed somewhere on the ground.

He also said it would be difficult to speculate about the size of the fiery object because of a lack of information.

The university has a net-

'It's certainly consistent with ... a relatively good-sized fireball."

Peter Brown, physics professor at Western University in London, Ont., talking about numerous reports in Ontario, Quebec and New York State of a flash in the sky folowed by a loud explosion sound

work of about a dozen video stations that watch the sky all night looking for bright meteors.

Brown, who researches meteors and comets, said it was cloudy and overcast Tuesday night and no meteor was spotted in data that was collected.

But Brown suggested that the fireball may have been far enough away in the sky that none of his cameras were able to record the event.

One person in St-Lazare, west of Montreal, said she heard what sounded like a huge garbage truck rumble past her house for a few seconds.

A television station in Plattsburgh, N.Y., near the Quebec border, reported receiving numerous phone calls reporting what sounded like an earthquake. THE CANADIAN PRESS

Spain

Pianist acquitted of noise pollution

A Spanish court has acquitted a 28-year-old concert pianist on charges of causing noise pollution and psychological damage to a neighbour.

The court in Girona absolved professional pianist Laia Martin and her parents of both charges, according to a ruling issued Tuesday.

The court's decision said her neighbour's claims were unreliable and exaggerated.

THE ASSOCIATED PRESS

Where else?

Man robbed of \$2.7 million in cash at **Moscow airport**

Russian police say armed men in camouflage outfits robbed a man at Sheremetyevo Airport on Wednesday of a bag reportedly holding \$2.7

A police statement says the passenger was waiting for security guards after landing before dawn Wednesday from Istanbul.

THE ASSOCIATED PRESS



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metronews.ca Thursday, November 28, 2013

Rob Ford. Judge allows release of 'significant' new police drug case data

More information on the "extensive" police investigation into disgraced Toronto Mayor Rob Ford should be released as it is of "very significant public interest," a judge ruled Wednesday.

Portions of the police document that were previously released showed former staffers alleged the mayor was intoxicated at work, drank while driving and associated with suspected prostitutes.

The document, containing allegations not proven in

Quoted

"The actions of the mayor are a matter of very significant public interest and concern."

Justice Ian Nordheimer

court, was filed in the drug case of Ford's friend Alexander Lisi, though it mostly focuses on the mayor. The actual release is on hold until Dec. 6. THE CANADIAN PRESS



Feedback. Sheriff shocked

A U.S. sheriff who has just charged a town mayor with drug offences said Wednesday it's a head-scratcher why crack-smoker Rob Ford is still in office — and out of jail.

Gordon Smith, a sheriff from Bradford County in Florida, said he's watched the Ford scandal unfold with amazement. "He's so flamboyant, he's out there, he's kind of smearing it in Torontonians' faces"

Smith said he wouldn't put up with illicit drug activity, regardless of who is involved. The Canadian press

'Hillbilly heroin' gets green light in Canada

Banned in U.S. Ottawa officials approve generic painkiller oxycodone despite warnings from experts south of the border

Health Canada has approved a generic, addictive form of oxycodone just as U.S. officials urge their Canadian counterparts to ban such formulations of the painkiller — often known as "hillbilly heroin."

The green light to Ranbaxy, India's biggest drug maker, came soon after Gil Kerlikowske, director of the White House Office of Drug Control Policy, reminded Health Minister Rona Ambrose of the dangers posed by the generic forms of the opioid.

The U.S. has banned generic oxycodone because it's too easy for addicts to snort or inject. Only tamper-resistant forms of the drug can be sold stateside.

American officials say the U.S. is dealing with a pain-killer abuse epidemic that is killing tens of thousands of people a year.

Ambrose hinted last month she was looking into the issue of tamper-resistance and signalled the govern-



ment would expand its national anti-drug strategy.

She added the Tories are also attempting to tighten licensing rules that would help prevent the trafficking of addictive prescription drugs.

Health Canada defended itself, saying it "rigorously" assesses every drug's safety and efficacy.

"These decisions are made by experts in the department based on science; the minister is not consulted on day-to-day drug approvals," said spokesperson Leslie Meerburg. THE CANADIAN PRESS

Fast facts

What you need to know about oxycodone.

- What is it? A powerful narcotic used to treat moderate to severe short-term or long-term pain, as well as to treat terminally-ill patients.
- What does it do? It produces an opiate-like effect similar to morphine and can lead to abuse.
- Brand names? OxyContin, Percocet, Endocet, Oxycocet, Percodan, Endodan, Oxycodan, Supeudol, OxyIR, OxyNEO.
- How is it abused? Generic forms of the drug can be chewed or crushed and then inhaled or injected.
 The oxycodone is then absorbed rapidly and produces a heroin-like

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metronews.ca
Thursday, November 28, 2013

Racism threatens to drive business owner out of town

For the second time in several months, a restaurant owner in the small Manitoba community of Morris says she is being chased out of town by discrimination.

Thea Morris, the Jamaicanborn owner of Thea's Diner, said Wednesday she has received an email referencing the Ku Klux Klan and has been told by one of her customers that people are avoiding her business because she is black.

And since the KKK email, some customers have been behaving strangely, she said. People who appear to be in their 50s and very well dressed come in, in groups of two or three, and quickly leave.

"They'll come in and sit down and order their beverage to start, and by the time you'd take the beverage to

The town of Morris

"One older gentleman told me the reason people were not coming into my restaurant was because of my colour."

Thea Morris, the Jamaican-born owner of Thea's Diner

them, they would get up and walk out," Morris said.

She opened her diner in June, in the exact same spot that used to house Pots N Hands, which was run by a gay couple.

Pots N Hands owner Dave Claringbould and his partner closed down in April. He said they were subjected to homophobic slurs, including one customer who asked whether the food contained disease. Morris, who lives in Winnipeg, said she had hoped things would be different for her. Business was good in the summer, but customers mostly stopped coming at the end of August, she said. Then a series of strange events had her worried for her safety.

Someone left a dead hawk on the windshield of a worker's car, she said. When she placed an online ad for restaurant staff, she received a reply from someone who claimed to be linked to the Ku Klux Klan and who asked whether Morris residents were "still chasing colours" out of town, she added.

In recent weeks, business has all but dried up, she said. She has given notice to her landlord that she plans to leave by the end of December. THE CANADIAN PRESS



People stand in front of a metal structure that buckled on part of the Itaquerao Stadium in Sao Paulo, Brazil. Part of the stadium that will host the 2014 World Cup opener collapsed on Wednesday, causing significant damage and killing two people, authorities said. NELSON ANTOINE/THE ASSOCIATED PRESS

Deadly collapse at World Cup opening venue

Brazil. The Sao Paulo stadium, which cost nearly \$360 million, is expected to seat nearly 70,000 for the opener

Part of the stadium that will host the 2014 World Cup opener collapsed Wednesday, killing two workers and aggravating already urgent concerns Brazil won't be ready for soccer's signature tournament.

Brazil has been plagued by a series of setbacks including cost overruns, stadium delays, accidents, labour strife and massive street protests in the run-up to the June tournament, once envisioned as a comingout party for South America's largest nation, which is also scheduled to host the Olympics in 2016.

Wednesday's accident at Sao Paulo's Itaquerao Stadium occurred when a construction crane crashed into a 500-ton metal structure that in turn cut through the outer walls of the yenue.

Already, public prosecutors and a workers union in Sao Pa-

Construction

It wasn't the first problem with World Cup stadiums in Brazil.

- One worker died during construction of a stadium in the capital Brasilia last year and another in the Manaus venue in March.
- In April, another worker

died at the construction site of the new Palmeiras stadium.

In Rio, the stadium which will host athletics in the 2016 Olympics has been closed for several months because of fears that its roof could collapse.

ulo were demanding an investigation into conditions at the venue.

Ricardo Trade, CEO of the local World Cup organizing committee, said authorities would determine if there is a need to suspend construction.

"There are seven months till the World Cup, not 10 days, so I don't believe this is going to cause delays. But there is absolutely no guarantee on this," Trade said in a telephone interview.

The accident could lead to recriminations between local organizers and world soccer's organization FIFA, which has set a December deadline for all 12 World Cup stadiums to be ready. The tournament begins June 12.

"I don't want to know about FIFA right now; we are worried about the families of the victims," said Andres Sanchez, former president of the Sao Paulo soccer club Corinthians, which is building the stadium. The club said workers will not return before a three-day mourning period.

One of the workers, 42-yearold Fabio Luis Pereira, was inside a truck that was hit by the metal structure. The other, 44-year-old Ronaldo Oliveira dos Santos, was resting in an area which was supposed to be off-limits.

THE ASSOCIATED PRESS





metr

BUSINESS

metronews.ca
Thursday, November 28, 2013

Hold tight: Zip line over vultures, alligators and crocodiles, oh my!

Take a ride on the wild side. One of Florida's oldest tourist attractions brings in adrenaline junkies with obstacle course

I was slowly crossing a swinging log bridge when I paused, sensing the alligator 12 feet below was staring at me.

The water around the 8-foot gator's enormous body began rippling rapidly. A second later, Big Al let out a deep bellow, as if to say, "If you fall, you're my lunch."

I was grateful to be strapped in a harness.

The bridge was part of a 49-station obstacle course that includes 10 zip lines at the St. Augustine Alligator Farm. It takes visitors over crocodiles, lemurs, giant tortoises, vul-

Quoted

"The most amazing, awesome thing I've done ever."

Ava Martin, 53, who lives just north of St. Augustine. She and her 21-year-old son Corey were taking the course for the second time.

tures and, of course, lots of alligators.

"It's just a totally different perspective. You can go to any zoo in the world and look at them through the glass, but you can't go anywhere and look at them over the top of the enclosures like you can here," said Scott Brown, who designed and now manages the Crocodile Crossing at the

The alligator farm is fascinating enough on foot. At 120 years old, it's among Florida's oldest tourist attractions.

THE ASSOCIATED PRESS



Hiahliahts

The longest zip-line on the course is 300 feet, or the length of a football field. There are some very fast lines, requiring some quick breaking. There's also the occasional palm frond that harmlessly whacks your butt.

 "You'll see things that the public doesn't get to see," said Brown. "Whether it's other animal enclosures, animals getting moved, animals getting a vet visit, maybe getting blood drawn. And it's always exciting for the public to see a large alligator or even a small alligator getting caught, getting taped up and getting moved. You're always going to see something that nobody else is looking at."

Phew! Shelve that Sriracha hoarding plan ... for now

A judge has ordered a plant that produces Sriracha chili sauce to stop emitting annoying odours.

Huy Fong Foods has said there is no reason to close the plant in Irwindale, Calif., now because harvest season and the subsequent grinding of red-hot jalapeno peppers — the key ingredient of the sauce — have passed. The injunction may not have an immediate impact on the company's pro-



duction or hot sauce supply as it continues its year-round mixing and bottling.

THE ASSOCIATED PRESS



Focus on commerce

Pushing 'economic diplomacy' top priority for Canada

The Harper government says it wants Canadian diplomats in foreign countries to re-channel their energies and resources into advancing the country's commercial interests.

THE CANADIAN PRESS

Home mortgages

Consider phasing out CMHC insurance: IMF

Ottawa should consider phasing out insuring home mortgage through Canada Mortgage and Housing Corp., the International Monetary Fund said Wednesday.

Such a recommendation, surprising from an international financial organization, appears to side with Finance Minister Jim Flaherty, who has recently questioned whether the federal government should be in the business of insuring higher-risk mortgages at all.

workopolis

Xbox One, PS4 glitches test gamers' devotion

Move over, zombies. Step aside, terrorists. Aliens, out of the way.

There are a few new foes affecting gamers that are proving to be far more destructive than any on-screen villain.

With nicknames like "the blue light of death" and "the disc drive of doom," they're the game-ending glitches causing headaches for a few gamers who picked up the next-generation Xbox One and PlayStation 4 consoles at launch.

Microsoft Corp. said Monday it's replacing the Xbox One units of users who have reported systems that won't read discs, an issue dubbed "the disc drive of doom." The company said the problem is affecting "a very small number" of custom-

Random biz fact of the day

16%

There has been a 16 per cent growth in part-time positions, year over year. WORKOPOLIS



ers, who will also receive one free downloadable game.

Sony Corp. announced after the debut of the PS4 earlier this month that it was replacing the

Costly error

The glitches recall Microsoft's "red ring of death," when production problems caused several predecessors of the Xbox One to lock up and display three flashing red lights.

 Microsoft extended customers' warranties and said in 2007 that it had spent more than \$1 billion Us to repair the problems with the Xbox 360.

units for "less than 1 per cent" of users whose new consoles malfunctioned and displayed a pulsating blue light.

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Market Minute



Natural gas: \$3.91 US (+3¢) Dow Jones: 16,072.33 (+24.53)











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Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 19

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Kitchen nightmares

There's no pay, but you can have all the abuse you want

Would you do a job where you weren't paid, were endlessly berated, forced to use dangerous equipment and denied proper medical help? Welcome to the life of a kitchen apprentice in the cutthroat culinary scene.

At times, it's like a reallife Kitchen Nightmares episode where even the most seasoned staff are berated to the point of tears.

"It is common for some cooks to be thrown under the bus by others because they don't want to look baď," one Toronto sous-chef explains of his early days in the industry.

IRENE KUAN/METRO



Seasonal work

Santa: The ultimate temp

Seasonal work as Santa pays up to \$100 an hour, according to a PayScale survey. But all that non-stop cheeriness can take a toll. One Santa told the New York Post he wasn't able to leave his chair to go to the bathroom and got hit in the head with a frying pan by a scared child. VAWN HIMMELSBACH/FOR METRO

Temp Hits an All-Time Low

o you have a special place you go to when you're at an all-time low? Some people have a place, me I just drive and drive, past the strip malls, past the light industrial zones and past the fallow fields. After watching Kyle enter the refinery I began thinking of the world and how it's changed, even in my short life. Countries like Greece that used to be normal countries, now gutted of their middle class and overnight turned into something new and nameless, a land with no economy but with pretty good coffee and smoking hot Wi-Fi. I got to thinking of bub-bles-how all we do these days is lurch from bubble to bubble. Are we in a new bubble? Is the bubble about to burst? I'm afraid of bubbles and I'm sick of bubbles-and yet I'm addicted to bubbles. Go figure.

I drove past the under-construction subdivisions that died in 2008, their 2x4s turned the grey colour of moths. I wondered if we're addicted to the idea that society without a middle class isn't really society. I wondered if maybe back in the days of Detroit, jumbo refrigerators and the Beatles we tricked ourselves into thinking that the middle class equals the future-and without a middle class we can't see pictures in our heads of what tomorrow might be. I find it strange how politicians repeat the words 'middle class' over and over and over again, as if doing so will allow us to pretend it still exists, that it's not evaporating daily like a puddle on a road.

Night came and I was anywhere and nowhere when my phone buzzed-it was Mr. Xuhe was back in town! And he had his big surprise all ready for me at his short-term corporate lodging suite. I couldn't remember the last time I was ever happier to get a text.

I drove to The Executive Privilege Short-Term Corporate Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Ah, hello capitalist lapdog. You be ready for grand surprise?

"Shut up! I can't believe you're back!" I gave him a smooch and said, "Okay, dial me in. I am ready for your big surprise, buster."

"Apologize in advance if not good enough."

I drove to The **Executive Privilege Short-Term Corporate** Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Show me your surprise!"

A dropcloth concealed what was supposed to be the main living area. Mr. Xu pulled it back and I bathed in the majesty of

He said, "Pretty kickass sexy, don't you think?"

I sucked in some breath and said, "Mr. Xu, you have truly amazed me."

Before me, in beautiful rows and shelves, lay over a thousand unique pairs of sneakers that would crash eBay in a flash if



21 per cent of resumés state fraudulent degrees

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The clock is ticking



TEMP is ... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still four days to catch up at temp.metronews.ca before it is gone forever.

what I saw.

they all went up for sale at once.

TO BE CONTINUED...

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Random fact of the day

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lions of records to find

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hate it because a 'stig-

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can lose 10 to

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DiedInHouse.com



metronews.ca Thursday, November 28, 2013 **VOICES**

TIPS ON (COUGH) HACKING A COLD

Don't you hate when co-workers get over-detailed when describing their colds?

For instance, I've got a cold that started with a throat so sore that ice cream went down like broken glass and broken glass went down like jagged steel. Then it morphed into a sinus headache that I'm sure—any scientist reading can back me up — involved a small, angry man inside my head moshing to Shipping Up to Boston. And now it's the sneezy stage where I'm moulding a mound of used tissues into the mountain from Close Encounters of the Third Kind in the hopes that aliens will take me to a planet where the common cold has been defeated.

Who needs to hear that level of detail? No-

Fortunately, my co-workers haven't had to worry about it because I've been on my couch for two days wishing I had a girlfriend who would come coddle me and/or kill me with an axe.

I've stayed home because I'm not one of those office heroes who somehow believes they contribute while laying comatose at their keyboard, occasionally blowing their nose with the mouse pad. I figure my one-day absence has less impact than a particularly diverting Google doodle spreading throughout the news-

During my down time, I've been reading how to avoid office colds. So in the fine tradition of has-been goaltenders telling current NHLers what they're doing wrong, or failed politicians explaining how to get elected, here are my tips on avoiding office illness:

Quitting Colds, Turkey: A Guide to Office Health

Hand sanitizer is a misnomer, and can be used all over your body. Stepping under the wall dispenser and acting out a Miley Cyrus video until you're saturated head to toe will keep you

disinfected AND keep your co-workers at a good distance for the rest of the day. Win-win.

Licking your workspace clean hurts as much as it helps. Remember that Vitamin Conly works in conjunction with magnetic bracelets, garlic, echinacea and, sure, why

- Though many people use sanitizing sprays, remember nothing gets your keyboard clean like dropping it into a
- Keep your hands clenched as fists so that every time you touch your face you punch yourself.
- A large hamster ball is probably not a practical way to cordon yourself off from co-workers, but it would be awe-
- Remember that in the bathroom, a 15-second, hot-water scrub is absolutely necessary when somebody is watching. If you think you're alone, waving your hands under lukewarm water for a second is fine. If the only other person is in a stall, just running the water is often enough to complete the illusion.
- Cough in the face of people who are already sick, because what's the harm?

And those are my tips. I hope you found them helpful, particularly my co-workers, because I'm coming in today. Sorry. On the upside, you're not going to hear any details about my cold. Cough, cough, ahem.

ZOOM

Here, let me give you an arm with that

John Mazerolle

metronews.ca



Man and machine get a little cosier

Think super-human strength is reserved for the big screen?

A team of engineers are encouraging you to think again after they developed the Titan Arm — a battery-powered robotic arm that gives users an extra 40 pounds in strength, and functions to rehabilitate those with back injuries by helping them to rebuild muscle and motor control. METRO

Dyson award winner

- The arm recently won the 2013 James Dyson Award. beating out 650 other projects from around the world.
- The team wins \$45,000 to help commercialize their idea, with an additional \$15,000 going to their
- jamesdysonaward.org

Inexpensive design

"Titan Arm is obviously an ingenious design, but the team's use of modern, rapid — and relatively inexpensive — manufacturing techniques makes the project even more compelling."

James Dyson said of the \$2,000 prototype, which is significantly less than simil exoskeletons that run \$100,000.

Tech advances make life easier

A team of four University of Pennsylvania mechanical engineering students spent eight months creating it.

The arm's shoulder is made of three joints that mimic the rotation of a human elbow, allowing for free range of use.

Plus it contains sensors that track motion and relay data to doctors for remote prognosis.





With Wi-Fi popping up every-

where from underground subways to in-flight planes, there's more reason to put your apps to work. Once the domain of cash-strapped students, texting over Wi-Fi's been gaining popular ground (cause who doesn't

like saving money on their phone bills?). Before your next flight or trip underground, give these a try.

WhatsApp:

Works on Apple or Android phones, WhatsApp is among the most popular and lets you send texts (including pictures) to your other 'whatsApp friends.' Only downside is, you have to convince all your pals to get the

Similar to WhatsApp, but lets you

Zipaclip:

For those who need a little more bandwidth for their texting needs, Zipaclip (as it sounds), lets you zip videos up to five minutes long, so you're no longer restricted to texting 30 second videos. Also, keeps them secure. Just in case.

send audio, video and even make VoIP

calls, too. Perfect for long distance

@metropicks asked: **@thehappycity book says urban** design that fosters social ties makes for a happy city. What makes your city a happy one?

@Canucklehead_ca: An ample supply of beer and umm, I I'll have to get back to you on this.

@Lowpass: being able to walk everywhere and the restaurants, bars and other venues that come

Follow @metropicks and take part in our daily poll.

RE: When A Stalker Strikes Online, published Nov. 26

I'm appalled the police can't do anything faster or sooner. Can't believe what this poor woman has been through, first with her brother's suicide and now this. It's just awful. This stalker should be prosecuted so they can't follow through with their threats. KH posted to metronews.

Hiding behind a computer to threaten someone shows you're a real wimp, pretty pathetic and probably a low life. turtles have a say posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca



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The verdict is in on solo work

New album.

Paul Langlois Not Guilty about post Tragically Hip work



IFNNIFFR LARAWAY

Paul Langlois' claim to fame has been as the guitar player for The Tragically Hip, but the performer is starting a new chapter in his musical career.

Langlois has branched out, started his own label, and released his sophomore solo album Not Guilty on November 5. "I saw this window of opportunity because The Hip just finished, so I knew if I was going to do a tour, I needed to do it now. I recorded through the summer (last year) with this in mind," he explains.

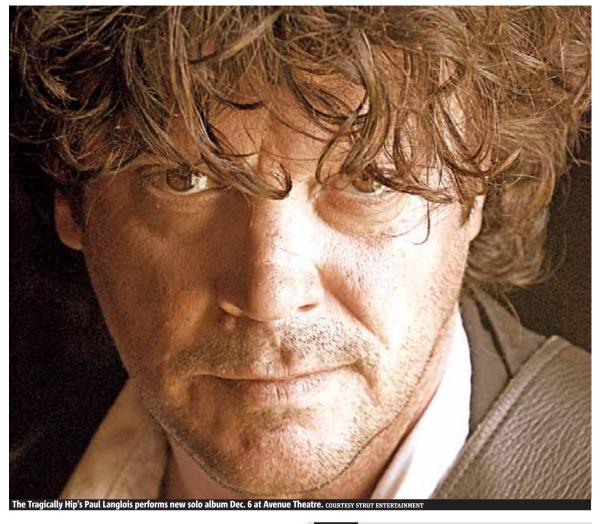
Despite nearly 30 years of being on stage and all his experience with one of Canada's most beloved bands, Langlois admits the process of creating his own work hasn't been

easy.
"I never really tried to sing on my own let alone my own songs. Within the Hip framework, which we did for over 30 years, I played guitar and Gord was the frontman.

"I was comfortable on stage doing my thing but not really being part of it, so it's quite different being up there singing my words."

He admits, "It was pretty slow process for me. My first record, I was uncomfortable and was like 'yeech' this is a lot of me. But then I did a couple shows and it was fine.

"I got a band together that was really enthusiastic, had really great feedback from family and friends, so it's been



Having said that, Langlois says he still puts pressure on himself to please the fans.

"I think there will be some nerves and pressure because it's club," says Langlois who goes onto explain the intimate setting can be more intimidating than a large stage in an

"I just hope the fans take away the fun and pick up on the excitement."

For the second solo album, Langlois branched out and collaborated with the talents of Jeff Montgomery, Mauro Sepe, and The Hip's Rob Baker.

"Recording this album with a band turned out to be a lot more fun," he says.

Langlois and company take the stage December 6 at Avenue Theatre (9030 118 Ave).

• Tickets are \$15 in advance.

ROGERS"

- Greg Ball and Pete Murray open the show.
- Langlois' label is called Ching Music.

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Triumph of the human spirit's will



The Book Thief, starring Geoffrey Rush and Sophie Nélisse, opens Friday.

The Book Thief. Story of life in a German town during the Third Reich highlights the heart in humanity during a dark time

LIZ BROWN

liz.brown@metronews.ca

In the 40-plus years that Geoffrey Rush has been acting, he's made some interesting role choices.

Some of the wilder roles include his Academy-Award winning turn as pianist David Helfgott in 1996's Shine; Captain Barbossa in the Pirates of the Caribbean franchise and in 2011, a stint as Lady Bracknell in the Melbourne Theatre Company's production of The Importance of Being Earnest.

"My CV's got a lot of people who are elaborate and flamboyant," he admits during an interview at Toronto's Trump Hotel earlier this month.

So Rush's latest role is a bit of a change from the norm for him — in that on the surface, it's an all-together normal character.

In The Book Thief, Rush plays Hans, a small-town German house painter who, together with his wife Rosa, takes in a foster daughter during the reign of the Third Reich.

"He's so seemingly ordinary, the town is ordinary, there's not pretensions to it," says Rush of Hans and his day-to-day life.

"But he's also a political maverick in a kind of way," he says, referring to instances where Hans quietly makes his own acts of defiance against the Fuehrer — he hides a Jewish family friend in his cellar and helps his foster daughter, leisel, rescue a book from the flames of a town book burning.

The Book Thief, based on the bestselling novel by Markus Zusak, follows the story of Liesel, a young girl who finds herself without a family on the eve of the Second World War.

She's sent to live with foster parents in a small town, where she strikes a strong bond (over books) with her foster father Hans. He teaches her to read and tries to shelter her from the horrors going on around them.

"I like that he had an emotional intelligence that could deal with a grief-stricken, illiterate girl with human warmth and love. It awakened something in him that made him a better person," Rush says of Hans.

Teen French-Canadian actress Sophie Nélisse, who plays

Liesel in the film, admits that before landing this role she didn't know too many details about life in Germany during the Second World War. She said she had to do plenty of research through watching films like Schindler's List and reading books like Hana's Suitcase.

"I just tried to imagine what a girl my age would do in these circumstances," she says.

And at its core, that's what The Book Thief is about — ordinary people trying to cope in extraordinary circumstances

The film's director, Brian Percival, best known for his work on Downton Abbey, says the film's focus is about relationships and people rather than the history surrounding

"I wouldn't put it in the Second World War or Holocaust category," he says. "It's a film about the strength of the human spirit and what words can do and how they can change people's lives."

"I hope if younger generations watch it and don't really know what went on during that time, that after they will go and find out. That's a big plus for us," he adds.



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metr⊕ metronews.ca Thursday, November 28, 2013

While my guitar gently weeps: Book shows off rock 'n' roll's tear-jerkers

Call her Baby. 108 Rock Star Guitars book celebrates beloved instruments and their battle-axe beauty

Sometimes, a picture is worth a thousand songs.

The supersized book 108 Rock Star Guitars (Glitterati Inc.) demonstrates that six-stringed instruments owned by celebrities and virtuoso sidemen can look as good as they rock. The 17-year undertaking by photographer Lisa S. Johnson partly benefits the Les Paul Foundation. Paul, the Rock Hall musician-inventor, wrote the foreword before he died.

Not a guitar geek? Don't

Whether you define "pickup" as a truck, a dating technique or a guitar part, you can revel in the glitz-and-grit world where these prized possessions reside. The instruments (one's named Baby) evoke tender talk from macho musicians. But some of these battle-axe beauties have seen more action than a roller derby queen: They bear the gashes and sweat stains to prove it.

The author, who grew up in a musical family, underscores musicians' tional attachment to their instruments.

Steve Vai, who went solo playafter i n g

with Frank Zappa's band, once described his guitar as "the voice of my heart" in moments of depression, euphoria and "divine love. ... I have cried, screamed, prayed and bled through that instrument."

The book lauds the instrument-makers, called luthiers, and the techs, along with the guitars.

Pawnshop wallflowers blossom into unbridled stardom. There are kaleidoscopic, patriotic and wildcat patterns; gorgeous maple and mahogany; and delicate carvings of leaves and acorns.

Some seem to revel in musical masochism, like Slash of Guns N' Roses' cigarette carelessness. As the story goes, the guitarist was "one with the music" while accidentally inflicting a "charred reminder of rock 'n' roll nirvana" on his

John Rzeznik (Goo Goo Dolls) resurrected a broken Stratocaster into a 4-string. The word "OUCH!" splayed over its torso; it's now named Halfcaster.

"I was amazed when I threw the guitar in the air and the top portion split right off," Rzeznik recalled via email. "I had my guitar tech take it to a luthier in L.A. who sanded off the rough edges and fixed the electronics.

"I used it on a song called Big Machine for a couple years after that. Surprisingly, the tone didn't

really change; it was a cheap guitar that sound

that great to begin with.

The appreciation of instruments as visual art is an age-old concept. They "may

evoke status, identity, or indicate events — sacred or profane," comments J. Kenneth Moore, the Frederick P. Rose curator in charge of the Department of Musical Instruments at The Metropolitan Museum of Art in New York City. "They become sounding, tangible works of art — telling many stories of the life and times

underworld. It's featu

he said. A double-neck owned by Cheap Trick's Rick Nielsen

of those who used them,"

has a quirky folk art feel. Its two-pronged top forms the legs of Nielsen's upsidedown caricature. The figure, named Uncle Dick, displays a thumbs-up, but his expression looks maniacal.

Styx's James 'I.Y.' Young's guitar bears an elaborate carving of Cerberus, ancient mythology's three-headed guard dog or the underworld. It's featured in Lisa S. Johnson's new book, 108 Rock Star Guitars. ALL PHOTOS LISA S. JOHNSON/THE ASSOCIATED PRESS

When his Mom made young Nils Lofgren a Nehru jacket and bell-bottom pants out of drapes, he proudly stuck leftover fabric on his guitar so it matched his new

The book also features a famous, battered Fender Esquire owned by Lofgren's boss, Bruce Springsteen. Willie Nelson's Trigger,

g of Cerberus, ancient mythology's three-headed guard dog of the

named for movie-cowboy Roy Rogers' horse, bears dozens of autographs, in including Leon Russell, Roger Miller, Kris Kristofferson, Gene Autry, Waylon Jennings and Johnny Cash. Trigger's top is worn clear through; Nelson chooses to leave it that way. 'The two of them," notes the book, "continue to mature together." Life partners in perfect harmony.



Activist-musician Tom Morello (Rage Against the Machine) scrawled jarring jargon over drawings of happy hippos on his axe.



Willie Nelson's guitar, Trigger, has a hole worn through it, and is inscribed with dozens of autographs.



ZZ Top's Billy Gibbons' guitar is covered with



John Rzeznik of the Goo Goo Dolls resurrected a broken Stratocaster into a 4-string, named Halfcaster

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J.J. Abrams: Director, producer and novelist?

Jack of all trades.

Director's first novel. S., is more than just your typical book

EMILY LAURENCE

When J.J. Abrams conceived the idea for S., he knew there was only one way to tell the story - and it wasn't onscreen. There would be no special effects or big-name actors. Abrams felt that the only medium that would work was a good old-fashioned book.

"It all started in LAX when J.J. found a paperback book," co-author Doug Dorst tells Metro. "Someone had written a note to whoever was going to find it." The note got the gears in Abrams' brain turning, and he came up with the idea of telling a story within a story.

S. is not your average book. The pages look old and worn, with scribbles all over the margins. There are inserts of photos, postcards and letters tucked into the pages. It's presented as a novel called Ship of Theseus written by V.M.

Straka. But the notes and inserts tell another story, between a female college senior and a male graduate student who pass the book back and forth, leaving notes to each

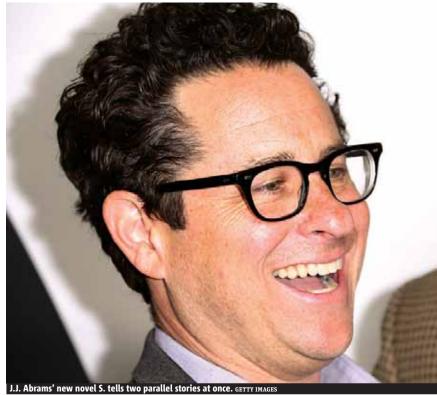
Since writing a novel is a bit different from writing a script and Abrams was, you know, busy, he enlisted the help of acclaimed writer Dor-"We spent the better part of a year talking about the characters, why they would pass the book back and forth to each other and the context of the notes," Dorst says. "Abrams told me, 'Go, run with it." Dorst would pass each chapter off to Abrams, who would then weigh in.

Telling two parallel stories with all the extras was no easy task. "There's a ridiculous amount of detail in the book," he says. "I didn't actually have a great system of keeping track of it. It was a lot of scribbled notes and keeping a lot of it in my head, which is not the most efficient way to work."

Despite not having everything figured out, Abrams and Dorst were on the same page (metaphorically speaking) the entire time. Though Abrams is familiar with screenwriting, where everything is mapped out beforehand, he adapted to the novel-writing process, letting the story unfold as it was being written.

So, are Abrams and Dorst hoping their book will inspire people to forgo their Kindles and go back to buying hardbacks? "I just want people to read!" Dorst laments. "I don't think one form has to win out over the other."









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Brolin's a tough guy on and off the screen

Gulp. Oldboy star gained 28 pounds in 10 days, then lost it all again for role in gritty thriller



The catering staff at the press junket for Spike Lee's update on Oldboy has laid out a spread almost entirely made up of



different kinds of dumplings, and Josh Brolin does not think that's very funny. (The dish is featured prominently in the film as one of the only things Brolin's character is allowed to eat during his mysterious 20-year imprisonment.) "I ate, I'd say, probably 200 dumplings or something like that," he says.

Oldboy asked a lot of Brolin's body. His character goes from a bloated alcoholic to a lean and mean tool of vengeance after his imprisonment. Of course, he didn't have 20 years to pull off the transition. "I gained 28 pounds in 10 days, and then I lost 22 pounds in two and a half days. And then going through that and all the cramps of that, I was rehearsing the fight at the same time, which was not smart. So I pulled a lot of muscles and stuff that I'm still dealing with now."

That fight he's talking about is quite a doozy, an update on the original Korean film's single-take tracking shot of the film's hero taking out an army of goons with his bare hands and a carefully deployed hammer. So obviously for the remake they had to up the ante a bit.

"That was five weeks of prep, and it was difficult, to say the least," Brolin says. "The fight, I think, is at least three times longer than the original fight. I was having a really tough time in the beginning, and then I panicked. And then I started working out a lot — like two hours in the morning and two hours at night between 12-hour days. So I wasn't sleeping a lot, which I think lent to the movie, too, because I was more emotional, I was more on edge, I felt more exposed, vulnerable, whatever."

That self-abuse paid off, "We did it in seven takes," he remembers. "I walked away after that and had a little moment to myself, had some tears and was just happy that a 45-year-old dude was able to pull that off."



Kate Bosworth takes on the challenge of playing a drug-addicted mother

Stripped down. In Homefront, Bosworth wanted to show vulnerability, not just a villain



NED EHRBAR Metro World News in Hollywood

Kate Bosworth wasn't going to take the easy route in approaching her character for Homefront. She co-stars as a meth-addicted mom who sets her loose-cannon brother (James Franco) after Jason Statham's retired DEA agent after their kids get into a schoolyard brawl.

On a happier note, Bosworth got hitched this summer to filmmaker Michael Polish, and she couldn't be more satisfied with their home life.

The last time we spoke, we talked a lot about working as a producer as well as an actress to get projects going. How has that been going?

Well, I produced a wedding

(laughs). Joking aside, I mean my life changed when I met my husband because he's a filmmaker, so our life is a constant production of films, and he also shoots a lot of my campaigns involved with the fashion side of things that I design. He sees the product that I've designed and he thinks about what that campaign will look like and what the films will look like for it. So it's a continual creative household. When you have your partner, it's a fast track to things.

In Homefront, you're playing a fairly complex character who's actually a fully rounded human being, which you don't see a lot in action fare.

That was the challenge. I get asked a lot if the challenge was the physicality, and I didn't think twice about portraying someone and being truthful to how she would look. That strip-down was something that was required by the character and how she behaves and the abuse that she does to

herself. The challenge for me was to maintain her dignity throughout the movie and not strip her of it even when she's unsympathetic and selfish and has terrible behaviour. I know James kind of approached his "villain" character similarly in that when we were standing in front of each other it wasn't "the villain and the drug addict," it was a sister and a brother. There's that vulnerability that was really important to both of us for the characters, even though they do despicable things.

Well, she is a drug addict. Sure, but there's an easy pitfall to say, "She's a drug addict, oh well." There's this kind of face value that you can easily fall into. The challenge was to make sure that the human side to her was present at all times as well as the drugs.

You have that great moment when she realizes the enormity of the events she's set in motion. It starts off almost like a PTA squabble. Of course (laughs). I figured that she comes in there every Monday with a problem. She's an exposed nerve, so anything that rubs up against her depending on how much she's been using and how much she has left — it's going to effect her behaviour with people, and it normally would be explosive. Unless she's with her brother. Her brother and her kid are the two people that I thought that she quiets down with.







Baldwin loses his talk show but is still 'half' defiant over anti-gay slurs

Alec Baldwin has lost his talk show, which was officially cancelled by MSNBC in the wake of multiple controversies involving the former 30 Rock star, but Baldwin is still looking to set the record straight about what he may or may not have said to a photographer when he used an anti-gay slur. "I dispute half the comment I made," Baldwin tells the website Gothamist. "'F-t' is not the word that came out of my mouth. That I know. But you've got the fundamentalist wing of gay advocacy - (GLAAD communications VP) Rich Ferraro and (blogger) Andrew Sullivan — they're out there, they've got you. Rich Ferraro, this is probably one of his greatest triumphs. They killed my show. And I have to take some responsibility for that myself."



Hewitt's baby-marriage double kept on down low

Jennifer Love Hewitt likes to keep things quiet. The former Ghost Whisperer star gave birth to a daughter, Autumn James Hallisay, on Tuesday, and her rep used the birth announcement to sneak in

the fact that Hewitt has also quietly married fiancé Brian Hallisay. "Jennifer Love Hewitt and her husband, Brian Hallisay, are thrilled to announce the birth of their daughter," her rep tells Us Weekly.

METRO DISH



Thanksgiving holidav conversations: **The celebrity** version



WORD cene@metronews.ca

What do the rich and famous do over the American Thanksgiving break? I have a feeling they are doing something fabulous and not doing what we do - hanging out in the townie bars in our hometown drinking cheap domestics with people from high school.

However, what if they did? For this special edition of The Word, Metro staffers imagined what kind of discussions the rich and famous have at their hometown hangs.

"Oh ... Kelly and Michelle ... Hi! Um, how long have you guys been bartending here?" Beyoncé

"So, do you text?" - Anthony Weiner

"I don't know, y'all. Have I made enough of a statement this year that I am finally a woman?"

- Miley Cyrus

"Guys, I know it's not like me to walk away from a fight, but if I get nabbed one more time for beating somebody up, I'll go away for a long time. Now, let's just chill, get another pitcher of Miller Lite and play some Keno.

Chris Brown

"Oh man, bro, last time I saw you, we were, what, in middle school? Can't believe it's been five years!" - Justin Bieber

"Wait, what?! You prefer the dark meat? Oh, hell no! Bartender, keep the White Russians comin' sugar ...

- Paula Deen



Frightened Muniz suffers another mini-stroke

At 27 years old, Frankie Muniz isn't having the best time, health-wise. "Almost a year to the day, I experienced another mini-stroke," Muniz posted to Twitter. "Hopefully that will be the last. Miserable." A ministroke consists of tiny lapses in blood flow to the brain.

Last year he related to Good Morning America how frightening the experience can be: "I couldn't say any words," he said. "I thought I was saying them. My fiancée

was looking at me as if I was speaking a foreign language.'



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Secret of human existence: I totally think I'm the worst, just for different reasons than you do



@SarahKSilverman

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32 STYLE metronews.ca Thursday, November 28, 2013

One for under the tree, and another one for me

Tis the season to save on style. Self-shopping becoming less of a secret shame as fashionistas embrace this optimal time to buy their beauty booty

Getting up early on Black Friday for a little shopping? Doing your part on Small Business Saturday and Cyber Monday, too? It's all in the name of gift-giving — or at least the guise of it.

It seems a lot of consumers are using these sales and retail events to treat themselves to a little something new.

As a group, self-shoppers are growing, says Marshal Cohen, chief analyst of The NPD Group, Inc., a consumer insight company. He puts the number at 20 per cent, up from five per cent in the early 2000s.

"I started tracking people shopping for themselves about 10 years ago. I was at a Black Friday in a Macy's in a suburban location in Long Island," he recalls. "This woman has one arm filled with a few things, maybe a dress and a few sweaters, and another with 12 items."

Guess which hand had the future presents for her two sisters and a friend?

It's a similar scene in Loft stores already this year, says Lori Leslie-Robbins, director of client experience for the retailer. "For us, the telltale sign that someone is shopping for themselves is that our fitting rooms stay busy for the holidays. She's trying clothes on, and you don't need to do that for a gift."

Leslie-Robbins overheard this past weekend a conversation between a sales associate and customer in the dressing room that went something like this: The shopper was in the dressing room choosing between a dress and a tuxedojacket-and-denim-jeans combo, and was taking seriously this choice of what to wear to a coworker's at-home holiday party. When the associate asked if she'd also considered a hostess gift, the response was, "I'm not

Because of the deep dis-



counts, shoppers see this as an opportunity to replenish their own wardrobes and homes with less guilt than buying the new pair of jeans, for example, at full price, Cohen says. Those same shoppers might not feel that way about a gift for someone else.

He says especially the earlybird holiday shoppers are looking for the sales for themselves, while the transactions made closer to Christmas are more likely to be bona fide gifts. He can also tell by what you're buying: If it's electronics or footwear, it's probably for you; fragrance is a go-to gift item, with 20 per cent of annual sales happening in the five days before Christmas, according to NPD.

Rachel DiCarlo is a fan of the one-for-me, one-for-you theory.

Jewellery and scarves, perfectly good gifts for others, are also the items she tends to buy for herself. Last year, she couldn't resist the initial necklaces she was buying for so many others. "I was getting the Ls, the Js, and I thought, 'I should buy an R."

She is the vice-president of public relations at American Eagle Outfitters and, in her office, everyone tends to dress similarly. So, she says with a laugh, it makes sense to get for herself the shirt or accessory she is getting for the members in her team — although, everyone gets a different colour.

THE ASSOCIATED PRESS

You deserve a good deal

Many of the self-purchases Loft's Leslie-Robbins sees in stores are those that solve problems or have a focused end use — this tends to alleviate that pang of guilt, she says.

A woman needs to buy herself the items no one else will buy her, right? muses Robin White, global press director of beauty brand Philosophy. There's also "the stuff you need" and "the stuff you enjoy buving."

She takes pleasure, for example, in a new tube of eye cream — it really makes her day, she says, but it's not quite what she'd want to unwrap Christmas morning. That makes it the perfect self-purchase.

Canadian street style

Spotted in: Vancouver

Name: Nikki

Age: 24

Occupation: Sales associate

What she's wearing

Jacket from Aritzia, vintage leather vest from Nouvelle Nouvelle, T-shirt from Cheap Monday, jeans and bag from American Apparel, shoes from Converse and sunglasses from Stella McCartney.

Her inspiration

"This is my Saturday outfit ... running errands."

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Twitte



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metronews.ca
Thursday, November 28, 2013

FOOD

33

Usher in the holiday baking season with rich Lemon Walnut Bars

- **1.** Preheat the oven to 350 F.
- **2.** In a small saucepan over low heat, melt the butter (or melt in the microwave for about 30 seconds on high).
- **3.** In a large bowl, combine the oats, flour, sugar, coconut, ground walnuts and baking powder. Pour in the melted butter and mix with a spatula or large spoon until the butter is evenly distributed. Press half the oat mixture into the prepared pan firmly and evenly.
- 4. In a medium mixing bowl, whisk together the condensed milk and lemon juice until fully combined and slightly thickened. Pour the lemon mixture over the base. Use the back of a spoon or a small offset spatula to spread the filling evenly across the base. Sprinkle the remaining half of the oat mixture over the filling.
- **5.** Bake in the preheated

Ingredients

- 1/2 cup butter
- 1 cup large-flake rolled oats
- 1 cup all-purpose flour
- 3/4 cup dark brown sugar
- 1/2 cup unsweetened shredded coconut
- 1/2 cup ground walnuts
- 1 tsp baking powder
- 1 300 ml can condensed milk (about 1 1/4 cups)
- 1/2 cup lemon juice, freshly squeezed (about 2 lemons) You Will Need
- (9- x 9-inch) pan buttered and lined with parchment paper

oven for 22 to 25 minutes or until the top is a golden brown.

- **6.** Remove from the oven and allow to cool completely in the pan.
- **7.** Run a small knife along the two edges of the pan that do not have parchment



handles. Carefully remove the slabs from the pan and cut into approximately 2- x 2-inch bars. Make sure to use at least a 10-inch knife to avoid cutting and dragging the knife across the bars. All recipes excerpted from butter baked goods. Copyright © 2013 rosie daykin. Published by appetite by RANDOM HOUSE, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIM-ITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RE-SERVED.

Cookbook of the Week

Get to sifting



Before it was a book filled with 100 recipes, Butter Baked Goods was (and still is) a tiny bakery in Vancouver. Opened by the author of the book, Rosie Daykin, it is known as the home of the very best gourmet marshmallow in North America.

In Butter Baked Goods, Daykin shares homemade treats and childhood favourites through instructions that are easy to follow.

Among the delicacies in the book are: Butter's Chocolate Cake, Red Velvet Cupcakes, Peanut Butter Balls and more. METRO

Classic tropical combination: Pineapple Coconut Scones

"Every day at Butter we make a different scone," writes Rosie Daykin of her Vancouver bakery in her book Butter Baked Goods. "There is no set schedule, so regular customers call us in the morning to check what we have on tap that day.

"This flavour never seems to disappoint, and when we tell them it's on the menu, they hightail it over to get one."

- **1.** Preheat the oven to 400 F.
- 2. In a stand mixer fitted with a paddle attachment, quickly mix the flour, sugar, baking powder and salt on low speed to blend. Add the butter cubes and mix until large crumbs form. Add the coconut and mix again to distribute. Add the buttermilk, crushed pineapple and juice and mix until almost combined.
- **3.** Turn the dough out onto a lightly floured work surface and roll out to about 1-inch thick. Use the circular cutter to cut out 10 circles and place them on the prepared cookie sheet about 1 1/2 inches apart.



4. In a bowl, whisk together the egg and water to make an egg wash. Use a pastry brush

to gently coat the top of each scone with the wash. Sprinkle with a little sanding sugar.

- **5.** Bake in the preheated oven for 20 to 25 minutes or until golden brown. A wooden skewer inserted into the center should come out clean.
- **6.** Remove from the oven and allow the scones to cool on the cookie sheets. Then split them open and spread with lots of butter and jam!

Ingredients

- 5 cups all-purpose flour
- 1 1/3 cups sugar
- 3 tbsp baking powder
- 1/4 teaspoon salt
- 1 1/2 cups butter, chilled and cut into 1-inch cubes • 2 cups unsweetened shred-
- 2 cups unsweetened shredded coconut
- 3/4 cup buttermilk
- 1 14-oz can crushed pineapple with juice **Finishina**
- 1 large egg
- 2 tbsp cold water
- Coarse sanding sugar, for sprinkling

You Will Need

• Cookie sheet, 3 1/2-inch circular cutter

Dessert. Vanilla Shortbread



- 1. Preheat the oven to 325 F.
- **2.** In a stand mixer fitted with a paddle attachment, cream the butter and icing sugar on medium to high speed until light and fluffy. Scrape down the sides of the bowl.
- 3. Turn the mixer to low and add the flour and mix until just combined. Scrape down the sides of the bowl. Add the vanilla and mix to combine.
- **4.** Place dough on a lightly floured work surface. Use a rolling pin to roll out the dough to about 1/4 inch thick. Use the circular cutter to cut out 24 circles. Transfer to the prepared cookie sheets and place about 1/2 inch apart.
- **5.** Bake in the preheated oven for 15 minutes or until

- the cookies are lightly golden brown around the edges.
- **6.** Remove from oven and sprinkle the cookies generously with granulated sugar while still warm. Transfer to wire racks to cool.

Ingredients

- 1 cup butter, room temper-
- 1 cup icing sugar
- 2 1/4 cups all-purpose flour
- 2 tbsp pure vanilla

Finishing

• 1/2 cup granulated sugar, for dusting

You Will Need

• 2 cookie sheets lined with parchment paper, 2 1/2-inch circular cutter with scalloped edge metronews.ca
Thursday, November 28, 2013

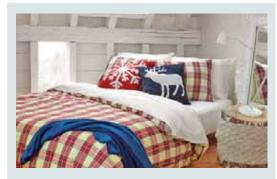
Tartan it up for the holidays

Plaid is one of the most popular patterns during the festive season — the clean lines look great in both modern and traditional interiors, and they're a perfect way to add variety to a room with solid colours (so long as you remember to never mix plaids together). From tabletop items to wallpapers, there's a wide array of accessories that bring a touch of the old clan to your home.









Stay warm during those cold nights. Nordic Plaid Duvet Cover Set, \$75, simons.ca.

Punchy colours modernize the season's favorite pattern. Lord & Taylor Buffalo Plaid Duvet Cover, \$69-89, thebay.com.



Scotch and soda never went down so easy. PC Tartan Glasses, four for \$9, Real Canadian Superstore.



Drive in style while keeping your hands toasty. Plaid Steering Wheel Cover, \$15, canadiantire.ca. Add bright colours underfoot. Modern Plaid 5x8 foot Wool Rug, \$450, cb2.com



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Many generations under one roof

Living arrangements.

Both in TV and in real life, extended families are living together in increasing numbers

With a baby on the way, Will Stroet and his wife, Kim The, realized their two-bedroom condo — which doubled as a work space — simply wasn't going be sufficient.

Fortunately, the couple received an offer that was too good to pass up: an invitation from Stroet's parents, Bill and Marion, to move in.

Their daughter, Ella, is now three and a half. Four years since they laid down roots in a duplex in the Vancouver neighbourhood of Kitsilano, they're all still there: grandparents, parents and child, together under one roof.

"It's not only that we have more space, we also have the benefit of having my parents around and they can help with child care," said Stroet, 35, a children's musician and star of Will's Jams airing on Kids' CBC.

"We keep an eye on the house when they're both away. ... They like knowing that there's someone here keeping an eye on things. It's pretty good."

Art has imitated life of late

with multi-generational family living providing comedic fodder on TV. The short-lived How to Live with Your Parents (For the Rest of Your Life) featured Ottawa-born Sarah Chalke as a single mom moving back in with her parents following divorce. Freshmen sitcoms Dads and The Millers centre on parents who move in with their adult children.

Quoted

"I think everyone benefits from (sharing a home). I know my daughter really loves it, my parents really love it, and honestly, I really like it. too." Musician Will Stroet

According to Statistics Canada, the 2011 census revealed there were 362,600 multi-generational households among more than 13 million private households across the country. Among them, the middle generation in 60.1 per cent of homes included a couple with children, while 36.5 per cent were lone parents.

There was also an increase in the number of children sharing homes with their grandpar-



Will Stroet along with his wife Kim The and three-and-a-half-year-old daughter Ella live under the same roof with Will's parents Bill and Marion Stroet in Vancouver. Jonathan HAYWARD/THE CANADIAN PRESS

ents, including living arrangements where a parent may or may not be present. More than 269,000 kids aged 14 and under — or 4.8 per cent — lived with at least one grandparent in 2011, compared to 3.3 per cent in 2001.

In many cultures, the concept of multiple generations of families living together is quite typical, noted Lynda Ashbourne, an associate professor in the department of family relations and applied nutrition at the University of Guelph.

"There are culturally constructed roles for what the grandparents will do, who shares in looking after children in the household and who brings in income and works outside of the home," said Ashbourne.

Where problems may arise is when cultural expectations about family run counter to what was previously viewed as the norm. "What becomes more challenging is if you've grown up in a culture or family that really kind of privileges or honours the idea of independence and self-sufficiency," Ashbourne said. THE CANADIAN PRESS



more stylish options for home roasting. It's guaranteed to send the coffee

Give high-tech gifts for the home

For that person on your list who seems to have everything, consider some futuristic and entertaining high-tech gear for the home. Perfect for surviving the winter months and staving off cabin fever, even the biggest electronics junkie will want to show off these toys to friends and family.

Programmable lights

With a few specially designed light bulbs and a Wi-Fi network, programmable lighting goes far beyond just turning lights on and off. Customize the brightness and colour of each bulb using a smartphone, and set the perfect mood for a romantic dinner or a big New Year's bash.

Home coffee roaster

For the coffee connoisseur, a roaster is an affordable and easy way to customize the entire coffee experience right in the home. Roasting only takes about eight to 12 minutes and allows drinkers to experiment with different roasts. Ground

coffee stales in a matter of minutes, so grind beans as needed for the freshest cup of joe.

3-D printers

Yes, 3-D printers are making their way into homes. It's still early days for the technology, and the printers certainly aren't cheap, but they're definitely one of the coolest tools available for those on the cutting edge.

Perfect for designers or the tech-savvy hobbyist, 3-D printers are becoming more

I Want That

 For more unique and cutting-edge ideas for the home, tune in to I Want That on Sundays at 6 p.m. ET on DIY Network Canada.

accessible with downloadable templates that allow anyone to print impressive designs. They may just be the ideal gift for the person who has everything.



Expert offers no-bull tactics to scoring best Black Friday deals

Run, bargain hunter, run. If you are brave enough to participate in a crush of crazy shoppers this Friday, you need some tips

MAJA LUNDAGER

Metro World News in New York

If you look up Black Friday on YouTube, you're bound to find a lot of videos with terrible titles like Black Friday Fights, Black Friday Disasters or Black Friday 2012 Madness. But the horrifying stigma of this day doesn't seem to scare the thousands of brave shoppers who voluntarily run with the big box store crowd, fighting for killer deals on last year's food processor.

As with all other extreme sports, you need to prepare for Black Friday shopping. We went to the best: Mark Hellmann Regouby.

Is Regouby an experienced Black Friday shopper? Not really. But he'll do you one better. He's the founder of the travel company Running of the Bulls, Inc., which puts tourists up close and personal with the animals at the annual event in Pamplona, Spain. Here's his advice for braving big crowds.

Before you go in

"We tell them ... watch the Bull Run first so they can see



how it works and understand the flow of the people and the bulls and make their strategy from overviewed conditions," he says. This is where the aforementioned YouTube search for Black Friday videos will come in handy. But the preparation doesn't stop here. If you were planning to hit the bottle to take the edge off of Black Friday shopping, you'd better think twice. "The No. 1 rule is to arrive sober," Regouby says. "No. 2 is to get a good night's sleep. No. 3 is to have 360-degree awareness. Always try to be aware of who is in front, behind and beside

you. Really get a sense of being in the place."

Surviving in the heat of battle

"The best runners always say you stake out your territory," says Regouby. "You use your arms and don't let anybody get too much in your way. Swing your arms and keep in your elbows to make sure you've got your own space that you need in order to run without tripping."

This sounds extreme, but seriously, do you want that

g food processor or not?

If you go down

There have only been 15 deaths since the beginning of the Bull Run in Pamplona in 1910, but broken wrists and bloodied chins are the norm. According to Regouby, there are more falls and injuries because of humans tripping over each other than because of the bulls. We can, with some certainty, say the same about Black Friday, except that the National Retail Federation in

the U.S. — the homeland of Black Friday — has only reported one trampling death: In 2008 a Walmart employee was crushed in a stampede. So what do you do if you go down?

"The most important rule of all is if you go down, stay down. The bulls are actually talented at stepping over obstacles and as long as you cover your head and stay down and don't move, they can plan to step over you."

We can only hope the same counts for the herds at Best Buy and Target. Actually, we're going to say that the people waiting in the cold to buy stuff at discount prices are NOT talented at stepping over obstacles, so we advise just trying to roll to safety!

When you succeed

Regouby says that a run like the one in Pamplona is for people who want to be in touch with their own mortality and live their lives to the fullest.

"I have [run with the bulls] four times and it's still pretty incredible," he says. "You arrive in this huge arena and the sun hits your face and the air is fresh again, and you can't believe you are alive."

That sounds a bit like waking up way too early on Black Friday and shortly afterward hauling bags of discounted goods to the parking lot, realizing all of your arms and legs are intact, right?

Canadian context

While Black Friday is a relatively new shopping event in Canada, the day's quick rise in popularity among Canadians is having an impact on Canuck retailers' holiday sales strategy. Consulting firm Accenture recently released the results of a survey into the habits of Canadians when it comes to Black Friday. Here are some findings:

- Hungry for the best deals. Almost two thirds of Canadians surveyed plan to shop at U.S. retailers, online or in-store, on Black Friday and throughout the holiday season.
- Boxing Day. Is still believed by many (44 per cent) to offer the best deals of the season in Canada, Canadians feel retailers in Canada are not doing enough to compete with U.S. stores on Black Friday.
- Go south. When Canadians surveyed were asked when they believed they would see the best deals of the holiday season (either in Canada or the U.S.), Black Friday in the U.S. was cited by almost half (42 per cent), while less than a quarter (23 per cent) said the best deals were to be had on Black Friday in Canada.



Available starting November 29, the Limited Edition 2013 Black Friday charm*

*While supplies last. See store for details.

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After shopping, it's a wrap!

Not all gifts come in the shape of a box that's easy to wrap. Let's face it, even boxes are hard. Ever wonder how Aunt Doris gets her corners so crisp? Not sure how to wrap an awkward-shaped present? Elana White, owner of Toronto gift shop Outer Layer, shares four novel ways to wrap yours up this holiday season.

MAE BOWRING

Odd-shaped gift

Booze, lotions and bubble bath are all popular gifts, but they're also round. Instead of trying to wrap it into a hot mess, try this creative solu-

What you need:

- Two pieces of coloured tis-
- Clear plastic bagThree pieces of coloured

How to do it:

Place two pieces of the same coloured tissue on top of two others, creating a T-shape. Lay the gift down in the middle of the tissue. Fold the bottom of the tissue upwards and then the sides over, creating a cone



around the gift. Place the cone in a plastic bag and tie the ribbon just above the top of the gift. Curl the ribbon with scissors and adjust the excess paper "poof" on top. Ribbon curling tip: Look to see how the ribbon curls naturally, and drag the scissor blade down the same side to get a tight curl effect.





Traditional box

Board games, shoeboxes - you're laughing because you think this wrapping job will be a cinch. But it's not. Where people go wrong, White says, is having too much wrapping paper.

What you need:

- Holiday wrapping paper
- Scissors
- Clear tape

How to do it:

After taping the paper together length-wise, tackle the sides. The wrapping paper should only come halfway up the gift width-wise, White explains. Ready for the secret trick? Fold the top of the paper all the way down, enforcing a crease on either side. That should make it easier to tuck in the sides, followed by the bottom. From there you need one small piece of tape to hold it together. Repeat on the other side.

HREADHIL

Sarah Pacini Sympli ADT Ivko Bano Eeme Elisa Cavaletti

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Basket

If your gift has a theme that's too pretty to hide, a basket is another option.

What you need:

- A basket
- Newspaper
- Colourful shredded
- paper • Roll of clear cello-
- phane Ribbon

How to do it:

Fill the bottom of the basket with newspaper and place the shredded paper on top. This will prevent the items from falling into the basket and out of sight. Place each item on top of the shredded paper at an angle, starting from the back to the front. Cover the basket in cellophane and tie it together with ribbon toward the back of the basket. Cut excess cellophane away and gently curl ribbon.

Bagit

Have a bunch of small items that will fit into a gift bag? Bags are great but people tend to go overboard with tissue paper trying to make it look pretty, says White.

What you need:

- One festive bag
- Four pieces of coloured tissue, two different colours
- Coloured ribbon

How to do it: Put gift inside the bag.

Make a T-shape with the two colours of tissue and put the brighter coloured tissue on top. Pinch the middle of the tissue and give it a shake upside down. It will create a nice V-shaped "poof" that will fill up one side of the bag. Repeat and place the second "poof" on the other side of the bag. The trick, White says, is doing more with less. "We always train new people on how to do the poof." Tie bag handles shut with ribbon and gently curl it so that the ribbon cascades down the side of the bag.







Buyer be where — the best deals are on Black Friday

Shopping strategy.

Only head out into the fray if you've got a game plan says expert shopper

EMILY LAURENCE

Metro World News in New York

The day after American Thanksgiving is the busiest shopping day of the year.

While it's a paid day off from work for some of our southern neighbours, there are Canadians who are also willing to drag themselves out of bed at the crack of dawn on a work day for a steal of a deal.

But is it really worth it? "I don't think so," says Michelle Madhok, shopping expert and founder of SheFinds.com.

"You can get a lot of the same deals online, and there are also some deals you can only get online."

And you don't have to wait until Friday, or even Cyber Monday, to start scoring the best deals.

Madhok suggests using deal alert sites that tell you when the price drops on an item you want.

Prices are dropping now and will continue to do so the rest of the year up until after Christmas.

But if you do decide to brave the crowds, Madhok has some helpful tips to make it truly worth it. Her first

one is no surprise:
Get your electronics first.

"The biggest Black

Friday deals are on electronics, and getting 70 per cent off a TV is better than getting 70 per cent off, say, gloves," she says.

But buyer beware: Madhok says many retailers make lower quality products specifically for Black Friday.

To outsmart these sneaky stores, look up the model number to ensure what you're buying is the same model you want and not a knockoff.

Second, have a plan. Go



ent websites to find store coupons and deals.

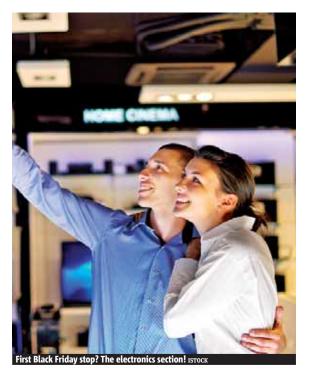
"It will help you make a game plan," Madhok says. "Then, head to the stores in advance so you know the layout."

Once you're in the store, use apps to scan your items to make sure you're getting the lowest price. If not, many stores match the price you find elsewhere.

Lastly, Madhok advises keeping your receipts, taking photos of them and uploading them to Sky-Drive.com or Evernote.com so you can keep them on file.

"Ask for a price adjustment if you see the price on an item go down. Many stores will honour that," she says.

Most importantly, remember to keep your cool while you're out bargain hunting.



Quoted

"The biggest Black Friday deals are on electronics and getting 70 per cent off a TV is better than getting 70 per cent off, say, gloves."

Shopping expert Michelle Madhok on Black Friday strategy



If you see your boss, just hide in a bin of pillows.

Join us tomorrow for **Black Friday at IKEA** to take advantage of these amazing one-day only offers.



VÄRMDÖ solid wood rocking chair Was \$149 \$10*

Limit 2 per customer



EXPEDIT shelving unit Was \$79.99 \$399*

Limit 2 per customer



LACK side table Was \$9.99-\$12.99/ea \$4.99/ea*

Limit 4 per customer



50% all soft toys

Limit 10 per customer

Visit **IKEA.ca/BlackFriday** for details. While supplies last. Doors open at 10am.





Tips for stress free shopping

Plan of attack. Do your research, set a budget, shop online and if you have to brave the mall — bring your best pal

MAE BOWRING

ife@metronews.ca

If stores that look like they've barfed Christmas and crowded malls scare you, you're not alone. Fear not, weary shopper. Checking everyone off your 'nice' list — and enjoying it — is not impossible, says image consultant Christie Ressel, a shopping and fashion expert. Follow her top five tips for stress-free holiday shopping and you'll be singing Let It Snow all the way home.

Be a sleuth

The element of surprise can be lost during the holidays as shoppers try to get something — anything! — wrapped and under the tree. Instead of asking what someone wants and buying it, do a little bit of detective work, advises Ressel.

"We're so quick to get on with our lives that we miss the obvious," she says.

Pay close attention to what they say about their favourite hobby, TV show or website. They're probably dropping hints. Ressel once found a great gift idea for her husband by flipping through one of his magazines.

Have a plan

Once you have a gift list and you've checked it twice, set a strict budget for yourself, suggests Ressel.

You may have to be more creative or spend time on DIY gifts, but the stress you won't feel when January's credit card bill arrives will be worth the effort.

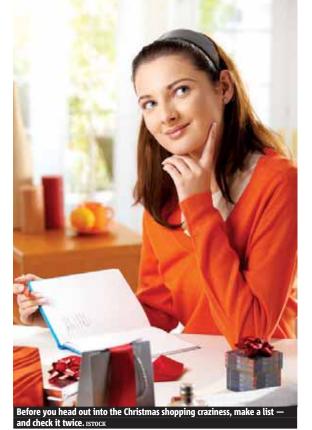
Overspending is one of the biggest holiday buzz kills, Ressel warns.

"It will make you crabby for the season and it's meant to be enjoyed."

Having a detailed gift list and budget will also make you laser-focused when you're out shopping. No more wandering around aimlessly!

Before you leave the house

With Black Friday and Cyber



Monday deals getting better every year, Canadians are enjoying the ease of buying gifts from the comfort of their own home.

This is where the real fun comes in, says Ressel.

"I love online shopping. I'm not a fan of bumping shoulders with everybody."

It's easy to compare prices for electronics online and if you're really clever, you can call the store ahead of time to make sure the item is in stock. While Ressel believes Canadians can purchase a lot of their gifts online, she advises against buying trendy clothing online unless you know the exact size, quality and designer you're dealing with.

Make it jolly

It's time to brave the mall with the rest of your list, but there's no reason you have to do it alone. Grab a friend and arrive early to beat the crowds.

The checkout lines won't seem as long if you have someone to chat with and be sure to break up the marathon by grabbing lunch or a coffee. Want to make sure your gifts stay a secret? Ressel suggests stashing them at a friend's house, and then having a wrapping party over a glass of eggnog closer to Christmas. The only ones who will be miffed on Christmas morning will be the ones who tried to snoop, jokes Ressel.

"Hopefully they weren't wanting what someone else got."

Be ready to return

Your holiday shopping plan was well executed and you have every reason to pat yourself on the back. If a loved one does need to return a gift, however, it's wise to be prepared, says Ressel.

Keep receipts handy by placing them in a bright-coloured folder in the kitchen or by the front door. That way you won't have to wrack your brain trying to remember if it's in your wallet or accidentally went out with the recycling.

If no one says anything by the end of January, it's safe to throw out the receipts, advises metronews.ca
Thursday, November 28, 2013

SPORTS

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Olympic hockey

Roster deadline moved to Jan. 7

The roster deadline for the 2014 Sochi Olympics has been pushed back to Jan. 7, the International Ice Hockey Federation announced.

Originally, national federations had until Dec. 31 to submit 25-man rosters for the tournament, which begins Feb. 12. Russia and other European countries were lobbying for a later date and got their wish.

THE CANADIAN PRESS

Flyers at Lightning

Hedman spoils Lecavalier's return to Tampa

Victor Hedman had two goals and an assist to help the Tampa Bay Lightning beat the Philadelphia Flyers 4-2 on Wednesday night, spoiling Vincent Lecavalier's homecoming.

Lecavalier, who played 14 years for the Lightning after being selected first overall in the 1998 draft, faced his old team for the first time and scored a power-play goal late in the third period. The former Tampa Bay captain received a standing ovation after a video tribute was played on the scoreboard midway through the first.

THE ASSOCIATED PRESS

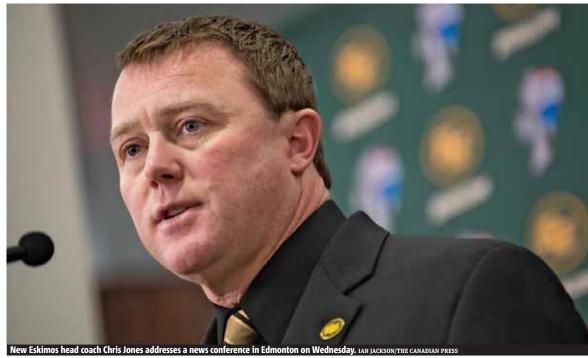
Leafs at Penguins

Malkin uncorks a pair on Bernier

Evgeni Malkin picked up his first two-goal game in more than 18 months and added the game-winner in the shootout and the Pittsburgh Penguins rallied past the Toronto Maple Leafs 6-5 on Wednesday night.

Chris Conner, Kris Letang and James Neal also scored for Pittsburgh, which erased 4-1 and 5-3 deficits. Sidney Crosby added two assists to lift his point total to a leagueleading 33 and scored in the second round of the shootout against Jonathan Bernier before Malkin finished it off.

James van Riemsdyk scored twice and added an assist for the Maple Leafs. Phil Kessel, Tyler Bozak and Nazem Kadri also scored for Toronto, but the Maple Leafs lost their way after taking a big lead. THE ASSOCIATED PRESS



Jones-in' for his shot as head coach

Eskimos. Success has followed Edmonton's newest leader around in the CFL, including three Grey Cups

Chris Jones is from the small town of South Pittsburgh, Tenn., where, he says, there's a lot of blue-collar people who "work extremely hard for their money."

And that hard work, he said, is what he will bring to the Edmonton Eskimos as the

20th head coach in their history. He also brings a wealth of CFL experience. He's been a defensive coach since 2002, including stints as an assistant head coach for two years in Calgary and most recently as assistant head coach, assistant general manager and defensive co-ordinator for the Toronto Argonauts. Jones has been in the post-season each of his 12 years in the league, and won seven division titles and three Grey Cups.

"Today is about 2014 and beyond," Eskimos general manager Ed Hervey said in introducing Jones to the

Quoted

"My teams have won a lot of games, Grey Cup championships ... and it's going to continue in Edmonton."

Chris Jones, the Eskimos' new head coach

media and fans on Wednesday. "I know I have selected the right person to coach this team. We know there is work to do but we are committed to making this thing right and I believe our team is in the

right hands of Chris Jones."

Saying he was "tremendously excited" to have his first head coaching job, Jones told the gathering of about 50 people in the Eskimos dressing room that he remembers growing up in South Pittsburgh "where they make cast iron and all I wanted to do is be a head football coach."

"Now I have a chance to do it with what I feel like is the best organization in this league and I fully expect to put together a great staff. I fully expect to win a ton of games and bring a Grey Cup back here." THE CANADIAN PRESS

Concussions. Over 200 ex-NHLers join lawsuit: Lawyers

The original concussion lawsuit against the NHL included 10 former players, and that number has already grown.

More than 200 players have joined, according to lawyers Steve Silverman and Mel Owens, who are at the forefront of the suit.

Owens, an NFL linebackerturned-disability lawyer, said in a phone interview Wednesday that "hundreds" of ex-NHL players are going to become part of the suit, which was filed in U.S. federal court in Washington on Monday.

Quote

"They just haven't been named yet. They're going to be there." Lawyer Mel Owens

"These are 10 players, but there's hundreds of guys that, they're in the lawsuit," said Owens, who works for NBO Law in Beverly Hills, Calif.

A list of the 200-plus players was not made available.

Sportsnet.ca was the first to report that more than 200 players joined the effort, which began with 10 players: Gary Leeman, Bradley Aitken, Darren Banks, Curt Bennett, Richard Dunn, Warren Holmes, Robert Manno, Blair James Stewart, Morris Titanic and Rick Vaive. Former New York Islanders centre Bob Bourne joined shortly after the suit was filed.

Leeman and Vaive in recent days have politely declined comment about their involvement, deferring to Silverman and Owens, who said he did not know how many players would wind up being a part of it.

"I don't know how many living alumni there are in the NHL that have these significant problems," Owens said. "I don't know that. But like in the NHL, it just matured over time. Once the players find out that 'Oh, there may be hope for me. I might be able to get some help and some treatment to address my quality-of-life issues,' I'm sure they'll be in contact."

THE CANADIAN PRESS

metr⊕ **SPORTS** metronews.ca Thursday, November 28, 2013



Ravens defensive tackle Brandon Williams sacks quarterback Ben Roethlisberger during the Steelers' 19-16 win on Oct. 20 in Pittsburgh. The rivals meet again in prime time on Thursday night in a game with playoff implications.

NFL

Packers' Rodgers a no-go, Flynn to start against Lions

Quarterback Aaron Rodgers will miss his fourth consecutive game and Matt Flynn will become the Green Bay Packers' fourth starting quarterback of the season Thursday when the Packers play the Lions in Detroit.

Rodgers, who suffered a fractured left collarbone Nov. 4 against Chicago, practised on Tuesday but was ruled out by coach Mike McCarthy on Wed-

The Packers have gone 0-3-1 without him.

After starting Seneca Wallace in the team's first game without Rodgers and third-stringer Scott Tolzien for the next two games after Wallace landed on injured reserve with a groin injury, McCarthy will turn to Flynn, who rallied the team to a 26-26 tie against the Minnesota Vikings Sunday.

Flynn brought the Packers back from a 23-7 fourth-quarter deficit against the Vikings, completing 21 of 36 passes for 218 yards and a touchdown. The associated press

NBA. There's no place like home for LeBron to crush the Cavaliers

LeBron James could finally be himself. He smiled easily, joked around and blew a few kisses to the crowd.

This trip home was different than the others. There was less tension, fewer boos, nothing to fear.

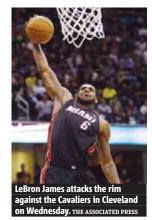
This time, James almost felt welcomed.

James scored 28 points and seemed more relaxed than in previous games back in Cleveland, leading the Miami Heat to their eighth straight win, 95-84 over the Cavaliers on Wednesday night.

He added eight rebounds and eight assists in his fifth game as a visitor against the Cavs, the team that drafted him and the one he led to the NBA Finals before leaving as a free agent three years ago to chase NBA championships in Miami. James improved to 11-1 against

Unlike his previous four visits, James wasn't the target of nonstop booing or taunts. There wasn't the hatred that filled Quicken Loans Arena the first time he came back on Dec.

"It's been less and less since the first time I was here," said James, soaking his ankles in an



ice bucket and drinking a postgame smoothie. "Nothing can be worse than that."

Dwyane Wade added 22 points and Michael Beasley 17 for Miami, which coasted during long stretches and never appeared threatened.

Dion Waiters, the subject of trade rumours, scored a seasonhigh 24 and Kyrie Irving had 16 for Cleveland.

The Heat opened a 15-point lead in the third and responded to every spurt by the Cavs, who got within eight in the final two minutes. THE ASSOCIATED PRESS

AFC North rivals have bone to pick on Thanksgiving

NFL. Big game on U.S. holiday caps short week for Steelers, Ravens

The last time the Baltimore Ravens played on U.S. Thanksgiving, coach John Harbaugh gathered the family together for a game against brother Jim and the San Francisco

Two years later, Harbaugh and the Ravens will spend the holiday with their most bitter

It doesn't matter that Baltimore (5-6) and the Pittsburgh Steelers (5-6) both have losing records. Both teams have plenty of motivation, because Thursday night's game has playoff ramifications. Plus, these AFC North

- The Ravens are 4-1 at home this season compared to 1-5 on the road.
- Ravens linebacker Terrell Sugas has more sacks (16 1/2) against Pittsburgh's Ben Roethlisberger than any other quarterback.
- Steelers rookie running back Le'Veon Bell burned the Ravens for a careerhigh 93 yards the last time the teams played.

foes almost always engage in a hard-hitting, trash-talking, closely played affair.

"It's always a cool week when you go against these Ravens quarterback

good game for the last handful of years, and it's always a challenge getting ready on a short week. But they have the same issues. It should be a lot

Since Harbaugh took over the Ravens in 2008, Baltimore has faced Pittsburgh 13 times, including twice in the playoffs. Nine of those games were decided by three points, including the Steelers' 19-16 win last month.

"It's just an intense ri-valry," Pittsburgh wide receiver Antonio Brown said. "Great defence is played. I think everyone understands the urgency of the game. It's just iron on iron. It's always a tough battle, and it always comes to the fourth quarter and to the end of the game."

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	0L	GF	GA	Pt
Boston	25	16	7	2	69	52	34
Tampa Bay	25	16	8	1	76	63	33
Detroit	26	12	7	7	69	71	31
Montreal	25	14	9	2	67	52	30
Toronto	25	14	9	2	71	66	30
Ottawa	25	10	11	4	74	81	24
Florida	26	7	14	5	58	86	19
Buffalo	26	5	20	1	45	82	11
BARRO O DOL							

WE TROPOLITAIN DIVISION												
	GP	W	L	0L	GF	GΑ	P					
Pittsburgh	26	16	9	1	78	63	33					
NY Rangers	25	13	12	0	53	61	20					
Washington	25	12	11	2	76	74	2					
Carolina	25	10	10	5	53	70	2					
New Jersey	25	9	11	5	53	62	2					
Philadelphia	24	10	12	2	52	60	2					
Columbus	25	9	13	3	62	75	2					
NY Islanders	25	8	14	3	70	85	19					
Wodnosday's ro	culte											

Pittsburgh 6 Toronto 5 (SO) Winnipeg 3 NY Islanders 2 Ottawa 6 Washington 4 Tampa Bay 4 Philadelphia 2 Carolina 4 New Jersey 3 Nashville 4 Columbus 0 NY Rangers 5 Florida 2 Phoenix 3 Minnesota 1 Montreal 3 Buffalo 1 Detroit 6 Boston 1 St. Louis 4 Colorado 1 Chicago at Calgary Los Angeles at San Jose

Los Angeles at San Jose Tuesday's result Dallas 6 Anaheim 3 Thursday's games — All times Eastern Vancouver at Ottawa, 7:30 p.m. Edmonton at Nashville, 8 p.m.

Friday's gamesWinnipeg at Philadelphia, 11:30 a.m.
NY Rangers at Boston, 1 p.m.
Pittsburgh at Tampa Bay, 4 p.m. Detroit at NY Islanders, 4 p.m. St. Louis at San Jose, 4 p.m. Calgary at Anaheim, 4 p.m. Montreal at Washington, 5 p.m. Colorado at Minnesota, 6 p.m. Edmonton at Columbus, 7 p.m. New Jersey at Carolina, 7 p.m. Toronto at Buffalo, 7:30 n m Chicago at Dallas, 8:30 p.m

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	0L	GF	GΑ	Pt
St. Louis	24	18	3	3	86	51	39
Chicago	25	17	4	4	92	71	38
Colorado	23	17	6	0	70	49	34
Minnesota	26	15	7	4	65	61	34
Nashville	25	13	10	2	60	69	28
Winnipeg	27	12	11	4	72	78	28
Dallas	23	12	9	2	67	68	26

PACIFIC DIVISION												
	GP	W	L	0L	GF	GΑ	P					
Anaheim	27	17	7	3	83	71	37					
San Jose	23	15	3	5	79	52	35					
Los Angeles	25	16	6	3	67	53	35					
Phoenix	25	15	6	4	83	79	34					
Vancouver	26	12	9	5	67	68	29					
Calgary	23	8	11	4	64	84	20					
Edmonton	25	7	16	2	65	89	16					
Note: 2 points for a win, 1 point for overtime loss.												

PENGUINS 6, LEAFS 5 (SO)

PENGUINS 6, LEAFS 5 (SO)
First Period

1. Pittsburgh, Conner 1 (Ebbett, Sutter) 1:57

2. Toronto, van Riemsdyk 10 (Phaneuf, Franson) 5:09 (91)

3. Toronto, Kadri 7 (Fraser) 11:41
Penalties — Desprese Phg (interference) 5:01.
Second Period

4. Toronto, van Riemsdyk 11 (unassisted) :13

5. Toronto, Kessel 13 (Bozak) :42

6. Pittsburgh, Malkin 5 (Letang, Crosby) 8:27 (pp)

7. Pittsburgh, Letang 5 (Neal, Kunitz) 15:20 (pp)

8. Toronto, Bozak 4 (van Riemsdyk) 19:55
Penalties — Neal Phg (slashing) 1:31, Kadri
Tor (goaltender interference) 3:52, Gunarrsson Tor (interference) 3:17, Phaneuf
Tor (roughing) 10:42, Crosby Phg (roughing) 10:42, Holland Tor (interference) 14:45.

Third Period

10. Ditterieus Neal 7 (Malkin, Letang) 3:46 (pp)

Third Period 9. Pittsburgh, Neal 7 (Malkin, Letang) 3:46 (pp) 9. Pittsburgh, Malkin 6 (Crosby, Kunitz) 7:41
Penalties — Smithson Tor (holding) 2:12,
van Riemsdyk Tor (hooking) 3:18, Malkin
Phg (high-sticking) 5:07.
Overtime — No Scoring
Penalties — None.
Shootout — Pittsburgh wins 2-0
Shots on goal

 Shots on goal
 10
 14
 0
 0-24

 Toronto
 17
 12
 17
 2-48

 Goal — Tor: Bernier (LO, 8-6-2); Pitt: Zatkoff (0:13 2nd period) (W, 3-2-0). Power plays (goal-chances) — Tor: 1-3. Pittsburgh: 3-5.
 Att. — 18,660 at Pittsburgh.

NFL

WEEK 12 Thursday's games All times Eastern

Green Bay at Detroit, 12:30 p.m. Oakland at Dallas, 4:30 p.m.
Pittsburgh at Baltimore, 8:30 p.m.

Sunday's games

Jacksonville at Cleveland, 1 p.m. New England at Houston, 1 p.m. Arizona at Philadelphia, 1 p.m. Miami at N.Y. Jets, 1 p.m. Tennessee at Indianapolis, 1 p.m. Chicago at Minnesota, 1 p.m. Tampa Bay at Carolina, 1 p.m. Atlanta at Buffalo, 4:05 p.m. St. Louis at San Francisco, 4:05 p.m. Cincinnati at San Diego, 4:25 p.m. Denver at Kansas City, 4:25 n m N.Y. Giants at Washington, 8:30 p.m. Monday's game

New Orleans at Seattle, 8:40 p.m

NBA

Wednesday's results Indiana 99 Charlotte 74 Orlando 105 Philadelphia 94 Memphis 100 Boston 93

Chicago 99 Detroit 79 L.A. Lakers 99 Brooklyn 94 Miami 95 Cleveland 84 Houston 113 Atlanta 84 Oklahoma City 94 San Antonio 88 Denver 117 Minnesota 110 Washington 100 Milwaukee 92 (OT) Dallas 103 Golden State 99 Phoenix 120 Portland 106

New York at L.A. Clippers Tuesday's results

Washington 116 L.A. Lakers 111 Brooklyn 102 Toronto 100 Orlando 109 Atlanta 92 Golden State 102 New Orleans 101

MLS PLAYOFFS

CHAMPIONSHIP

MLS CUP

Saturday, Dec. 7

Kansas City vs. Salt Lake, 4 p.m., EST

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

Horoscopes

T Aries

March 21 - April 20 You will be able to charm the birds out of the trees today but why waste your talents on wildlife when you can focus instead on getting your way on the work front? Employers won't be able to say "no".

Taurus

April 21 - May 21 Not everyone will agree with what you do over the next 24 hours but do you care? No, you don't! No one has the power to make life difficult for you. So, if it feels good, do it.

II Gemini

May 22 - June 21 Let someone you trust know that your happy -go-lucky act is just that. Once your share your problem, it won't be as had when various options have been pointed out to you.

9 Cancer

June 22 - July 23 With love planet Venus moving through the relationship area of your chart, you can't afford to be shy with affairs of the heart. If there is someone you fancy, let them know. Chances are they feel the same way about you.

Ω Leo

July 24 - Aug. 23 It's good to dream and some dreams will never come true and it's time you faced up to that fact. Never mind, there should be another great dream coming along soon.

W Virgo

Aug. 24 - Sept. 23 You will be rather impatient today and that may be no bad thing, especially if people you work with are dragging their feet just to annoy you. Maybe vou should threaten to carry on without them.

△ Libra

Sept. 24 - Oct. 23 You have the happy knack of knowing what loved ones want and will go out of your way to get it for them over the next 24 hours. Don't forget your own needs though.

M Scorpio

Oct. 24 - Nov. 22 Mercury in your sign links with both Venus and Jupiter today, so good news is coming your way. Whatever it happens to be, don't keep it to yourself.

プ Sagittarius

Nov. 23 - Dec. 21 Make sure you know all the facts before reaching a decision about a money or business issue. Remember too that just because someone makes big noise does not mean they know what they are talking about.

17 Capricorn

Dec. 22 - Jan. 20 Keep things light and don't let the cares of the world get to you. Venus in your sign makes it easy to see past negativity and make sense of what to others appears senseless. Life has meaning, and it is joy.

Aquarius

Jan. 21 - Feb. 19 You can persuade almost anyone to do almost anything for you today but you don't seem happy with that "almost". You may be good with words but don't push too hard. Someone will always be immune to your charms.

H Pisces

Feb. 20 - March 20 This is an excellent time to travel, ideally with friends. The things you discuss and the things you see will make you glad to be alive in this time and place. SALLY BROMPTON

Crossword: Canada Across and Down

16

38

41

60

63

Across

- 1. Glisten 6. Federal force, commonly
- 10. Juice: French
- 13. Camera company 14. Margarine
- 15. Faxed
- 16. Canadian fashion designer: 2 wds.
- 18. Cracker spread
- 19. Tugboat's sound
- 20. Poetic nights 21. Mr. Schwarzeneg-
- ger, to fans 22. Spotlight lover
- 24. Toronto's
- Expressway 26. Saintly
- 30. Border
- 31. __ Carta
- 32. Some beans 35. Li'l physician
- 38. Balmy
- 39. Casual material
- 40. The Dalai
- _quit!"
- (Worker's ultimatum) 42. House fields
- 43. Job-giver
- 44. Abound
- 46. Canada ___ for the Arts (Administrator of the annual honours
- at #28-Down)
- 48. Rihanna hit
- 52. Carrot, e.g. 53. "Hang Ten" Can-
- adian singer
- 54. Govern
- 56. Sicilian volcano
- 60. Actress, Sharon
- 61. As per #28-Down... Fiction book

winner: The __ by Eleanor Catton, set in

- New Zealand 63. Deviate
- 64. Tunestress Tori 65. Capital of Belarus
- 66. Antiquity
- 67. Secret-passer's sound effect
- 68. Writer W.B.

Down

45

1. Jazz singing style 2. Religious 'ring'

64

3. Data

23

24

33 32

- 4. As per #28-Down... Poetry book winner: Katherena Vermette
- Love Songs, set in the Winnipeg neighbourhood of

9. Disc in a 1990s fad game

the title

5. Compass dir.

7. Held on tightly

8. High IQ society

6. Red __Tea

- 10. The Maid of Orleans, b.1412 - d.1431:
 - 2 mots

65

11. Take apart laces 12. Drive

36

- 15. Parsley portion 17. Ashton's ex
- 21. Tots up
- 23. Menu words
- 25. Printing quantity
- 26. G.I.'s weapon
- need
- 27. "CBC News Now

- with Reshmi " 28. _ _ _ . _ (Prestigious honour for Can-
- adian writers, trendystyle ...see 2013 winners at #4-Down
- and #61-Across) 29. Ball of yarn
- 33. Caravansary
- 34. Filing abbr. 36. Sacred Buddhist
- peak
- 37. Director Mr.
- Reiner 39. "Curses!"
- 40. Victoria's Secret apparel
- 42. Rock's Kings of __
- 43. Shade
- 45. Actress Ms. Procter
- 47. Baking need 48. Search into
- 49. Model
- 50. Ringo's instru-
- ments 51. Wrestlers of Japan
- 55. Itemize
- 57. Frank Sinatra daughter
- 58. Cozy retreat
- 59. Requests
- 61. Swimming segment
- 62. Ms. Poehler

esterday's Crossword

B	A	Ä	0	'N		'n	0	'n	7	Ä		0	"λ	3
"A	В	£	1	6		Ď	8	-1	£	1		ď	W	1
M	1	A	D	0	_	V	8		A	5		'n	A	1
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		7	0	"N	D	£	R		~o	R	0	U	7	
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Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	1	9	3	8	5	7	2	6
3	6	5	7	2	1	4	9	8
8	7	2	9	6	4	3	1	5
7	2	6	4	5	8	1	3	9
5	3	8	2	1	9	6	7	4
9	4	1	6.	3	7	5	8	2
6	8	4	1	9	3	2	5	7
1	5	7	8	4	2	9	6	3
2	9	3	5	7	6	8	4	1

	6			7		1		8
5				9	4			
			1					4
			6	8	1	3	9	
				3				
	5	1	7	4	9			
9					7			
			2	6				9
6		7		5			8	

TODAY

metronews.ca

MAX: 1°

MIN: -8°

(:00:

FRIDAY

MAX: 0°

MIN: -4'

(🚣)



SATURDAY

MAX: 1





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